



# Proclamation

## By the Governor of Alabama

*WHEREAS, over 58,000 babies are born in the State of Alabama each year and the maternal health and, more specifically, the mental health of women before, during, and after pregnancy is an issue of great concern to women and their families and is, therefore, of interest to the State of Alabama; and*

*WHEREAS, between 10 and 20 percent of new and expectant mothers are affected by Perinatal Depression and related mood disorders such as anxiety and psychosis, and they may experience associated symptoms, which are often overlooked and heavily stigmatized because new and expectant mothers suffering from a perinatal mood disorder often feel confused, ashamed, and isolated; and*

*WHEREAS, many at-risk women may not seek help because they are not informed about Perinatal Depression and related mood disorders as part of their health care, because there is a lack of knowledge and use of screening and assessment tools, and because they are unaware of treatment and community supportive services for Perinatal Depression and related mood disorders; and*

*WHEREAS, Perinatal Depression can have a profound impact on the family and significantly contribute to adverse developmental and behavioral outcomes and attachment disorders in the young children of affected women; and*

*WHEREAS, Perinatal Depression is highly treatable with therapeutic intervention such as medication, professional therapy and counseling, support groups and community support services including crisis hotlines;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2020, as*

# Maternal Mental Health Awareness Month

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 30<sup>th</sup> day of April 2020.*

*Kay Ivey*  
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Kay Ivey, Governor