A CONCURRENT RESOLUTION

PROCLAMING MAY 2, 2018 AS MATERNAL MENTAL HEALTH DAY IN ARIZONA.

(TEXT OF BILL BEGINS ON NEXT PAGE)
Whereas, each year, more than 1 in 9 Arizona women experience maternal mental health issues, and many women and their families are affected by perinatal mood and anxiety disorders, including postpartum depression; and

Whereas, the symptoms of perinatal mood and anxiety disorders vary from person to person but can include anxiety, feeling overwhelmed, guilt, irritability, anger, difficulty sleeping, feeling disconnected from one’s baby and frightening and intrusive thoughts; and

Whereas, perinatal mood and anxiety disorders can develop during pregnancy, after the birth of a baby and during the first year postpartum; and

Whereas, although primarily affecting birth mothers, perinatal mood and anxiety disorders can also affect other members of the family, including fathers, partners, siblings and grandparents, and others close to the family; and

Whereas, perinatal mood and anxiety disorders may impact the length of the pregnancy and have physical, emotional and cognitive consequences for the health of the newborn; and

Whereas, fluctuating hormone levels can play an important role in perinatal mood and anxiety disorders during pregnancy. Many mood changes are normal, and even expected, since having a baby can lead to lifestyle transformations; and

Whereas, with proper awareness, education, intervention and resources, as well as support from family and friends, perinatal mood and anxiety disorders are nearly 100% treatable; and

Whereas, there is no single test to diagnose perinatal mood and anxiety disorders; and

Whereas, education and screening are the best tools to identify perinatal mood and anxiety disorders, and raising awareness among new parents, educating the public and reaching out to health practitioners can increase the rate at which afflicted mothers get help; and

Whereas, screening for perinatal mood and anxiety disorders in well-child care may improve early detection, promote perinatal recovery and reduce associated adverse outcomes for child development; and

Whereas, it is vital to raise awareness of how frequently anxiety and depression affect the entire family both during and after pregnancy, to support the efforts of medical providers, community agencies and home visitation providers and to educate and inform communities about the best way to promote maternal mental health.

Therefore

Be it resolved by the House of Representatives of the State of Arizona, the Senate concurring:

That the Members of the Legislature proclaim May 2, 2018 as Maternal Mental Health Day in Arizona.