



STATE of MINNESOTA

Proclamation

- WHEREAS: Perinatal mental health encompasses a range of mood disorders that affect many women during pregnancy and postpartum; and
- WHEREAS: As many as two out of ten women experience depression or anxiety during their pregnancy or within the first year after birth; and
- WHEREAS: Pregnant women and new mothers experiencing depression often do not get the treatment they need due to fear of discussing mental health concerns with their health care providers, or lack of knowledge about perinatal depression and anxiety; and
- WHEREAS: Barriers to seeking help include social stigma, cost of treatment, concern that insurance will not cover care, lack of knowledge about the impact of depression on personal health and the health of infants, and lack of knowledge about where to seek treatment; and
- WHEREAS: Research has shown that untreated maternal depression and anxiety during pregnancy and postpartum negatively affect birth outcomes and infant development, including infant mental health and brain development; and
- WHEREAS: Accessible resources for depression screening, assessment, referral, and treatment can greatly benefit all childbearing families and their health care providers throughout Minnesota.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim the month of May 2013, as:

MATERNAL MENTAL HEALTH MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 3rd day of May.


GOVERNOR



SECRETARY OF STATE