



# *Proclamation*

of the City Council

## **MATERNAL MENTAL HEALTH MONTH 2019**

**WHEREAS**, over 1,285 babies are born in the County of Sutter 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 City of Yuba City; 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**, heightened awareness and increased education among all residents in the City of Yuba City regarding the incidence of Perinatal Depression is critical; Perinatal Depression and related mood disorders affect all categories of women and teenage girls regardless of their age, race, or income level; 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 Perinatal Depression is highly treatable with therapeutic intervention such as medication, professional therapy and counseling, support groups and community support services including the Blue Shift Project and crisis hotlines.

**NOW, THEREFORE, BE IT RESOLVED**, that I, Shon Harris, Mayor of the City of Yuba City on behalf of the entire Council does hereby proclaim May 2019 as Maternal Mental Health Month in the City of Yuba City, and calls upon the citizens, government agencies, public and private institutions, and business to facilitate increased awareness and education about Perinatal Depression and related mood disorders throughout the City of Yuba City, to explore and encourage the use of prenatal screening tools, and to improve the availability and access to effective treatment, prevention and support services for the promotion of maternal and infant mental health in the City of Yuba City.