

REFERENCE TITLE: **maternal mental health awareness month**

State of Arizona
House of Representatives
Fifty-fifth Legislature
Second Regular Session
2022

HR 2014

Introduced by
Representative Shah (with permission of Committee on Rules)

A RESOLUTION

PROCLAIMING MAY 2022 AS MATERNAL MENTAL HEALTH AWARENESS MONTH IN ARIZONA.

(TEXT OF BILL BEGINS ON NEXT PAGE)

1 Whereas, maternal depression is the most common complication of
2 pregnancy. Maternal mental health disorders encompass a range of
3 perinatal mental health conditions, such as depression, anxiety and
4 postpartum psychosis; and

5 Whereas, maternal mental health disorders affect one in five women
6 during or after pregnancy, but all women are at risk of suffering from
7 maternal mental health disorders. One in nine Arizonan mothers suffers
8 from pregnancy-related depression; and

9 Whereas, the symptoms of perinatal mental health conditions can
10 include anxiety, feeling overwhelmed, guilt, irritability, anger,
11 difficulty sleeping, feeling disconnected from one's baby and frightening
12 and intrusive thoughts; and

13 Whereas, fewer than 15% of identified cases of maternal mental
14 health disorders are treated as a result of personal, structural and
15 systemic barriers within the health care system. Untreated maternal
16 mental health disorders significantly and negatively impact the short-term
17 and long-term health and well-being of affected women and their children;
18 and

19 Whereas, maternal depression and anxiety affect a woman's ability to
20 care for herself and engage in healthy parenting behaviors. Maternal
21 depression and anxiety affect parent-child bonding, increase family
22 conflict, lower rates of breastfeeding and can lead to less safe home
23 environments for children; and

24 Whereas, children of affected mothers are at increased risk for
25 serious health, developmental or behavioral conditions, which can affect
26 their overall development and growth; and

27 Whereas, despite the prevalence and risks, there is a lack of
28 awareness of maternal mental health disorders among the public and
29 providers, and many mothers feel reluctant to report symptoms and
30 concerns; and

31 Whereas, evidence-based, cost-effective screening, detection and
32 treatment options are available for mothers and children, but they are not
33 adequately or consistently applied in Arizona; and

34 Whereas, untreated maternal mental health disorders cause adverse
35 birth outcomes, impaired maternal-infant bonding, poor infant growth,
36 childhood emotional and behavioral problems and significant medical and
37 economic costs, and contribute to more than 25% of maternal
38 pregnancy-related deaths in this state; and

39 Whereas, the lack of understanding and social stigma of maternal
40 mental health disorders prevent women and families from understanding the
41 signs, symptoms and risks involved with maternal mental health and
42 disproportionately affect women who lack access to social support
43 networks.

44 Therefore

45 Be it resolved by the House of Representatives of the State of Arizona:

46 That the Members of the House of Representatives proclaim May 2022
47 as Maternal Mental Health Awareness Month in Arizona.