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Rep. Griffith & Rep. Minor-Brown
Sens. Ennis, Hansen, Lockman, Mantzavinos, Pettyjohn,
Poore, Sturgeon, Townsend, Wilson; Reps. Baumbach,
Briggs King, K. Johnson, S. Moore, Morrison, Osienski,
Michael Smith, Wilson-Anton

DELAWARE STATE SENATE
151st GENERAL ASSEMBLY

SENATE CONCURRENT RESOLUTION NO. 108

RECOGNIZING MAY 2022 AS MATERNAL MENTAL HEALTH AWARENESS MONTH.

1 WHEREAS, perinatal mood and anxiety disorders (PMADs), including post-partum depression, impact women of
2 every culture, age, income level, and race; and

3 WHEREAS, PMADs are one of the most common complications of childbirth, impacting between approximately
4 20% of women, and 10% of men; and

5 WHEREAS, symptoms of PMADs can include depressed mood or severe mood swings; difficulty or diminished
6 ability to bond with the baby; diminished ability to think clearly, concentrate, or make decisions; withdrawal from family or
7 friends; severe anxiety; panic attacks; and thoughts of self-harm; and

8 WHEREAS, PMADs result in maternal suffering, poorer health outcomes for mothers and infants, and impaired
9 emotional, social, and cognitive development in children; and

10 WHEREAS, PMADs are triggered by complex psychological, social, and biological stressors, with higher rates of
11 PMADs experienced by low income women, women with low social support, or birth complications; and

12 WHEREAS, women of color experience PMADs at twice the rate of Caucasian women, with 38% of new mothers
13 of color experiencing PMADs; and

14 WHEREAS, 60% of women of color do not receive treatment for perinatal mood and anxiety disorders; and

15 WHEREAS, lack of insurance coverage, social and cultural stigma, logistical barriers to services, and lack of
16 culturally appropriate care significantly contribute to inequitable access to perinatal mood and anxiety disorder treatment;
17 and

18 WHEREAS, lack of access to sick leave or medical leave presents a barrier for low-income and middle-class
19 employed mothers seeking treatment; and

20 WHEREAS, many women are not aware that PMADs are classified as a disability and protected under the
21 Americans with Disabilities Act (“ADA”), or fear they will be discriminated against if they seek temporary
22 accommodations under the ADA while they obtain PPD treatment; and

23 WHEREAS, COVID-19 has led to increased symptoms of anxiety and depression among pregnant women, and
24 medical professionals recommend supporting and expanding preventative programs and interventions to mitigate the
25 impact of the pandemic on the mental health of pregnant women; and

26 WHEREAS, increasing awareness of perinatal mood and anxiety disorders like PMADs is key to promoting early
27 detection and eliminating the societal stigma that may prevent women from seeking treatment.

28 NOW, THEREFORE:

29 BE IT RESOLVED by the Senate of the 151st General Assembly of the State of Delaware, the House of
30 Representatives concurring therein, that the General Assembly hereby designates May 2022 as “Maternal Mental Health
31 Awareness Month” in the State of Delaware.

32 BE IT FURTHER RESOLVED that Delaware should prioritize the health and well-being of mothers by promoting
33 awareness of PMADs and working to address the social and economic barriers that contribute to, and exacerbate, these
34 disorders, including addressing the disproportionate racial impact and barriers that prevent women from seeking and
35 obtaining treatment.

SYNOPSIS

This resolution recognizes May 2022 as Maternal Mental Health Awareness Month in Delaware.

Author: Senator Gay