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Huxtable, Lawson, Mantzavinos, S. McBride, Paradee,  
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Townsend, Walsh, Wilson; Reps. Baumbach, Bolden,  
Briggs King, Morrison, Wilson-Anton

DELAWARE STATE SENATE  
152nd GENERAL ASSEMBLY

SENATE CONCURRENT RESOLUTION NO. 44

RECOGNIZING MAY 5, 2023, AS MATERNAL MENTAL HEALTH AWARENESS DAY IN DELAWARE.

1 WHEREAS, perinatal mood and anxiety disorders (“PMDs”), including post-partum depression, post-partum  
2 anxiety, and post-partum psychosis, impact people of every culture, age, income level, and race; and

3 WHEREAS, PMDs are the most common complication of childbirth, impacting 20% of women; and

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

7 WHEREAS, PMDs are often undiagnosed, under-treated, or not treated at all; and

8 WHEREAS, the Delaware Child Death 2021 Annual Report noted that in one-third of the Fetal and Infant  
9 Mortality Review cohort, the mothers experienced a mental health condition, most often depression, in the postpartum  
10 period; and

11 WHEREAS, a five year analysis of maternal deaths in Delaware conducted by the Delaware Death Review  
12 Commission discovered that 46% of maternal deaths had a contributing mental health condition; and

13 WHEREAS, PMDs can be triggered by complex psychological, social, and biological stressors; and

14 WHEREAS, Black women, Indigenous women, and Latinas are at greater risk than White women, with a majority  
15 not receiving treatment for PMDs; and

16 WHEREAS, lack of insurance coverage, social and cultural stigma, logistical barriers to services, and lack of  
17 culturally appropriate care significantly contribute to inequitable access to treatment for PMDs; and

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

20 WHEREAS, COVID-19 has led to increased symptoms of anxiety and depression among pregnant people, and  
21 medical professionals recommend supporting and expanding preventative programs and interventions to mitigate the  
22 impact of the pandemic on the mental health of pregnant people.

23 NOW, THEREFORE:

24 BE IT RESOLVED by the Senate of the 152nd General Assembly of the State of Delaware, the House of  
25 Representatives concurring therein, that the General Assembly hereby designates May 5, 2023, as “Maternal Mental Health  
26 Awareness Day” in the State of Delaware.

27 BE IT FURTHER RESOLVED that Delaware should prioritize the health and well-being of parents by promoting  
28 awareness of perinatal mood and anxiety disorders, expanding availability of mental health providers, and working to  
29 address the social and economic barriers that contribute to, and exacerbate, these disorders, including addressing the  
30 disproportionate racial impact and barriers that prevent women from seeking and obtaining treatment.

#### SYNOPSIS

This Resolution recognizes May 5, 2023, as Maternal Mental Health Awareness Day in Delaware.

Author: Senator Gay