



PROCLAMATION

WHEREAS, an average of 1,305 babies are born in Burleigh County 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 Bismarck; and

WHEREAS, 10 to 16 percent of new and expectant mothers in North Dakota are affected by the maternal mental health disorder, postpartum depression, and are at risk for developing other related perinatal mood disorders such as anxiety; and

WHEREAS, new and expectant mothers may experience associated symptoms of postpartum depression or a perinatal mood disorder, but these are often overlooked and heavily stigmatized because new and expectant mothers suffering from postpartum depression or a perinatal mood disorder often feel confused, ashamed, and isolated; and

WHEREAS, many at-risk women may not seek help because they are unaware of treatment and community supportive services for postpartum depression and related perinatal mood disorders; and

WHEREAS, heightened awareness and increased education among all residents of Bismarck on postpartum depression and perinatal mood disorders is critical; and

WHEREAS, postpartum depression and related perinatal mood disorders affect all women regardless of their age, race, or income level; and

WHEREAS, postpartum depression and perinatal mood disorders 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

WHEREAS, postpartum depression and perinatal mood disorders are highly treatable with therapeutic intervention such as medication, professional therapy and counseling, support groups and community support services including crisis hotlines.



THEREFORE, BE IT RESOLVED that I, Mike Schmitz, Mayor of the City of Bismarck, on behalf of this Commission, do hereby proclaim May 2024 as **MATERNAL MENTAL HEALTH AWARENESS MONTH** in Bismarck and encourage collaboration with local, state and/or national organizations that are devoted to this field of maternal mental health to facilitate increased awareness and education about postpartum depression and related perinatal mood disorders throughout the City of Bismarck, to improve awareness and access to effective treatment, prevention, and support services for the promotion of maternal and infant mental health in the City of Bismarck.

Signed this 14th day of May 2024.

Mike Schmitz, Mayor
Bismarck Board of City Commissioners