A RESOLUTION

Recognizing the month of May 2019 as "Postpartum Depression Awareness Month" in Pennsylvania.

WHEREAS, Many new mothers experience baby blues syndrome, which commonly includes mood swings, crying spells, anxiety and difficulty sleeping; and

WHEREAS, Baby blues syndrome typically begins within the first two to three days after delivery and may last for up to two weeks; and

WHEREAS, Some new mothers experience a more severe, long-lasting form of depression known as postpartum depression; and

WHEREAS, Postpartum depression can be moderate or severe; and

WHEREAS, According to the Centers for Disease Control and Prevention, approximately one in nine women experience postpartum depression; and

WHEREAS, Postpartum depression can eventually interfere with
a mother's ability to care for her baby and handle other daily
tasks; and

WHEREAS, Postpartum depression symptoms usually develop
within the first few weeks after giving birth or may begin up to
six months after birth; and

WHEREAS, Postpartum depression symptoms may include a
depressed mood or severe mood swings, excessive crying,
difficulty bonding with the baby, withdrawing from family and
friends and loss of appetite or eating much more than usual; and

WHEREAS, Other symptoms associated with postpartum depression
are the inability to sleep or sleeping too much, overwhelming
fatigue or loss of energy and reduced interest and pleasure in
activities; and

WHEREAS, Intense irritability and anger, fear of not being a
good mother, feelings of worthlessness, shame, guilt or
inadequacy, diminished ability to think clearly, concentrate or
make decisions, severe anxiety and panic attacks, thoughts of
harming oneself or the baby and recurrent thoughts of death or
suicide also characterize the condition; and

WHEREAS, Only 15% of women with postpartum depression ever
receive professional treatment, indicating that approximately
850,000 women each year are not getting the help they need; and

WHEREAS, Many women do not seek professional treatment
because of the stigma associated with postpartum depression or
the embarrassment of admitting that they are experiencing
symptoms; and

WHEREAS, When left untreated, postpartum depression may last
for a few months or longer; and

WHEREAS, Postpartum depression is not a character flaw or a
sign of weakness, and prompt treatment can help a woman manage
her symptoms and allow her to enjoy her baby; and

WHEREAS, There are many support groups available for mothers and their families to share their experiences with others; and

WHEREAS, More research into postpartum depression is necessary to understand the causes and symptoms of maternal depression and anxiety, identify who may be at risk and develop effective screenings and treatments; and

WHEREAS, Postpartum Support International annually recognizes the month of May as "National Maternal Depression Awareness Month"; therefore be it

RESOLVED, That the House of Representatives recognize the month of May 2019 as "Postpartum Depression Awareness Month" in Pennsylvania.