A RESOLUTION

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

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

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

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

5 WHEREAS, Postpartum depression can be moderate or severe; and

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

7 WHEREAS, Postpartum depression can eventually interfere with a mother's ability to care for her baby and handle other daily tasks; and
WHEREAS, Symptoms of postpartum depression usually develop within the first few weeks after giving birth or may begin up to six months after giving 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, The inability to sleep or sleeping too much, overwhelming fatigue or loss of energy and reduced interest and pleasure in activities are other symptoms associated with the condition; 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 many women each year are not getting the help that 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 several 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 Senate recognize the month of May 2019 as "Postpartum Depression Awareness Month" in Pennsylvania.