
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 183 Session of
2017

INTRODUCED BY NEUMAN, READSHAW, TOOHL, FREEMAN, DRISCOLL,
BAKER, SCHLOSSBERG, BURNS, WARD, MACKENZIE, CUTLER, MILLARD,
LONGIETTI, DAVIS, BIZZARRO, HENNESSEY, CALTAGIRONE, SONNEY,
DUSH, MURT, J. HARRIS, DIGIROLAMO, O'NEILL, IRVIN, BARRAR,
PASHINSKI, V. BROWN, SCHWEYER, NEILSON, D. COSTA, WARREN,
MARSICO, GILLEN, HILL-EVANS AND ROZZI, MARCH 22, 2017

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
MARCH 22, 2017

A RESOLUTION

1 Recognizing the month of May 2017 as "Postpartum Depression
2 Awareness Month" in Pennsylvania.

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

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

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

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

12 WHEREAS, According to the Centers for Disease Control and
13 Prevention, approximately 1 in 8 women experience postpartum
14 depression; and

15 WHEREAS, Postpartum depression can eventually interfere with

1 a mother's ability to care for her baby and handle other daily
2 tasks; and

3 WHEREAS, Symptoms of postpartum depression usually develop
4 within the first few weeks after giving birth or may begin up to
5 six months after birth; and

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

10 WHEREAS, The inability to sleep or sleeping too much,
11 overwhelming fatigue or loss of energy and reduced interest and
12 pleasure in activities are other symptoms associated with the
13 condition; and

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

20 WHEREAS, Only 15% of women with postpartum depression ever
21 receive professional treatment, indicating that approximately
22 850,000 women each year are not getting the help they need; and

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

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

29 WHEREAS, Postpartum depression is not a character flaw or a
30 weakness, and prompt treatment can help a woman manage her

1 symptoms and allow her to enjoy her baby; and

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

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

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

11 RESOLVED, That the House of Representatives recognize the
12 month of May 2017 as "Postpartum Depression Awareness Month" in
13 Pennsylvania.