
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 347 Session of
2018

INTRODUCED BY BARTOLOTTA, LEACH, BROOKS, BLAKE, FARNESE,
GREENLEAF, McGARRIGLE, FONTANA, SABATINA, DINNIMAN, BROWNE,
WARD, AUMENT, KILLION, SCAVELLO, BAKER, RAFFERTY, COSTA,
BREWSTER, HUGHES, MENSCH, VOGEL, RESCHENTHALER, HUTCHINSON
AND VULAKOVICH, APRIL 25, 2018

INTRODUCED AND ADOPTED, APRIL 25, 2018

A RESOLUTION

1 Recognizing the month of May 2018 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 one in seven women experience
14 postpartum depression; and

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

1 tasks; and

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

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

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

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

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

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

26 WHEREAS, When left untreated, postpartum depression may last
27 for several months or longer; and

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

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

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

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

10 RESOLVED, That the Senate recognize the month of May 2018 as
11 "Postpartum Depression Awareness Month" in Pennsylvania.