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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 306 Session of  
2019

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INTRODUCED BY TOOHL, SCHLOSSBERG, OBERLANDER, T. DAVIS, BROWN, HILL-EVANS, RYAN, SONNEY, KORTZ, HENNESSEY, BURNS, ROTHMAN, DONATUCCI, READSHAW, LONGIETTI, HANBIDGE, SCHLEGEL CULVER, MURT, MILLARD, PICKETT, BARRAR, KINSEY, BIZZARRO, CALTAGIRONE, MARKOSEK, DALEY, DIGIROLAMO, HOWARD, FREEMAN, MACKENZIE, DEASY, McCLINTON, MADDEN, KAUFER, EVERETT AND SCHWEYER, MAY 2, 2019

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
MAY 2, 2019

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A RESOLUTION

1 Recognizing the month of May 2019 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 nine women experience  
14 postpartum 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, Postpartum depression symptoms 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, Other symptoms associated with postpartum depression  
11 are the inability to sleep or sleeping too much, overwhelming  
12 fatigue or loss of energy and reduced interest and pleasure in  
13 activities; 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 left untreated, postpartum depression may last  
28 for a few months or longer; and

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

1 her 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 2019 as "Postpartum Depression Awareness Month" in  
13 Pennsylvania.