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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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SENATE RESOLUTION

No. 108 Session of  
2019

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INTRODUCED BY BARTOLOTTA, COLLETT, SCHWANK, J. WARD, DINNIMAN,  
MARTIN, FONTANA, FARNESE, TARTAGLIONE, BREWSTER, K. WARD,  
BLAKE, FOLMER, PHILLIPS-HILL, SABATINA, BROWNE, BAKER,  
KILLION, MUTH, MENSCH, AUMENT, HUGHES AND COSTA, MAY 6, 2019

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INTRODUCED AND ADOPTED, MAY 6, 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 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  
17 tasks; and

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

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

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

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

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

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

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

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

30       WHEREAS, There are many support groups available for mothers

1 and their families to share their experiences with others; and

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

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

9 RESOLVED, That the Senate recognize the month of May 2019 as  
10 "Postpartum Depression Awareness Month" in Pennsylvania.