
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 109 Session of
2021

INTRODUCED BY BARTOLOTTA, HUGHES, BROWNE, PHILLIPS-HILL, MARTIN,
BROOKS, FONTANA, KEARNEY, J. WARD, SCAVELLO, VOGEL, COLLETT,
MUTH, MENSCH, SCHWANK, STEFANO, COSTA, PITTMAN, BREWSTER AND
CAPPELLETTI, MAY 6, 2021

REFERRED TO RULES AND EXECUTIVE NOMINATIONS, MAY 6, 2021

A RESOLUTION

1 Designating the month of May 2021 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, that
11 could range from moderate to 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, Research by the American Psychological Association
19 indicates that 15% of new mothers suffer from postpartum
20 depression, meaning that in Pennsylvania, approximately 21,000
21 babies and their mothers are annually affected by this illness;
22 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, Nationwide, approximately only 50% of new mothers
28 are screened for depression, and even fewer receive treatment
29 following a positive screen; and

30 WHEREAS, When left untreated, postpartum depression may last

1 for several months or longer; and

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

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

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

11 WHEREAS, Postpartum Support International annually recognizes
12 a day in May as "World Maternal Mental Health Day"; therefore be
13 it

14 RESOLVED, That the Senate designate the month of May 2021 as
15 "Postpartum Depression Awareness Month" in Pennsylvania.