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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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SENATE RESOLUTION

No. 293 Session of  
2022

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INTRODUCED BY BARTOLOTTA, COLLETT, BOSCOLA, BROWNE, KANE,  
KEARNEY, SANTARSIERO, FONTANA, HUGHES, SCAVELLO, CAPPELLETTI,  
MARTIN, MENSCH, SCHWANK, COSTA, BAKER, COMMITTA, J. WARD AND  
STEFANO, MAY 16, 2022

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REFERRED TO RULES AND EXECUTIVE NOMINATIONS, MAY 16, 2022

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A RESOLUTION

1 Designating the month of May 2022 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, Postpartum depression can eventually interfere with  
13 a mother's ability to care for her baby and handle other daily  
14 tasks; and

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

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

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

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

15       WHEREAS, Research by the American Psychological Association  
16 indicates that 15% of new mothers suffer from postpartum  
17 depression, meaning that in Pennsylvania approximately 20,000  
18 babies and their mothers are annually affected by this illness;  
19 and

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

24       WHEREAS, Nationwide, approximately only 50% of new mothers  
25 are screened for depression and even fewer receive treatment  
26 following a positive screen; and

27       WHEREAS, When left untreated, postpartum depression may last  
28 for several 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 a day in May as "World Maternal Mental Health Day"; therefore be  
10 it

11 RESOLVED, That the Senate designate the month of May 2022 as  
12 "Postpartum Depression Awareness Month" in Pennsylvania.