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HOUSE MEMORIAL 56

57TH LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2025

INTRODUCED BY

Tara L. Lujan and Cynthia Borrego and E. Diane Torres-Velásquez
and Michelle Paulene Abeyta and Linda Serrato

A MEMORIAL

RECOGNIZING THE IMPORTANCE OF MATERNAL MENTAL HEALTH AND
OBSERVING MAY AS "NATIONAL MATERNAL MENTAL HEALTH AWARENESS
MONTH" IN NEW MEXICO.

WHEREAS, over twenty-two thousand babies are born in New
Mexico each year, and the maternal health, including mental
health, of women before, during and after pregnancy is an issue
of great concern to women, their families and the state; and

WHEREAS, between ten and twenty percent of new and
expectant mothers are affected by prenatal and perinatal
depression and related mood disorders, such as anxiety and
psychosis, and may experience associated symptoms that are
often overlooked and heavily stigmatized, causing new and
expectant mothers suffering from prenatal and perinatal
depression and mood disorders to often feel confused, ashamed

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1 and isolated; and

2 WHEREAS, many at-risk women may not seek help because they
3 are not informed about prenatal and perinatal depression and
4 related mood disorders as being part of prenatal and perinatal
5 health care due to a lack of knowledge, awareness and use of
6 screening and assessment tools by health care providers and a
7 lack of awareness of available medical treatments and community
8 support services; and

9 WHEREAS, heightened awareness and increased education with
10 regard to the incidence of prenatal and perinatal depression
11 and related mood disorders are critical; and

12 WHEREAS, prenatal and perinatal depression and mood
13 disorders affect all categories of women and teenage girls
14 regardless of age, race or income level; and

15 WHEREAS, prenatal and perinatal depression and related
16 mood disorders can have a profound impact on families and
17 significantly contribute to adverse developmental and
18 behavioral outcomes and attachment disorders in the children of
19 affected women; and

20 WHEREAS, prenatal and perinatal depression and related
21 mood disorders are highly treatable with therapeutic
22 interventions, such as medication, professional therapy and
23 counseling, support groups and community support services,
24 including crisis hotlines;

25 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF

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1 REPRESENTATIVES OF THE STATE OF NEW MEXICO that the department
2 of health be requested to encourage collaboration with local,
3 state and national coalitions, organizations and agencies that
4 are informed on and devoted to the field of maternal health
5 care to facilitate increased awareness and education about
6 prenatal and perinatal depression and related mood disorders;
7 explore and encourage the use of prenatal screening tools; and
8 improve the availability of and access to effective treatment,
9 prevention and support services to promote maternal and infant
10 mental health care throughout New Mexico; and

11 BE IT FURTHER RESOLVED that national maternal mental
12 health awareness month be observed in May in New Mexico; and

13 BE IT FURTHER RESOLVED that a copy of this memorial be
14 transmitted to the secretary of health.