

1 A MEMORIAL
2 RECOGNIZING THE IMPORTANCE OF MATERNAL MENTAL HEALTH AND
3 OBSERVING MAY AS "NATIONAL MATERNAL MENTAL HEALTH AWARENESS
4 MONTH" IN NEW MEXICO.
5

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

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

19 WHEREAS, many at-risk women may not seek help because
20 they are not informed about prenatal and perinatal depression
21 and related mood disorders as being part of prenatal and
22 perinatal health care due to a lack of knowledge, awareness
23 and use of screening and assessment tools by health care
24 providers and a lack of awareness of available medical
25 treatments and community support services; and

1 WHEREAS, heightened awareness and increased education
2 with regard to the incidence of prenatal and perinatal
3 depression and related mood disorders are critical; and

4 WHEREAS, prenatal and perinatal depression and mood
5 disorders affect all categories of women and teenage girls
6 regardless of age, race or income level; and

7 WHEREAS, prenatal and perinatal depression and related
8 mood disorders can have a profound impact on families and
9 significantly contribute to adverse developmental and
10 behavioral outcomes and attachment disorders in the children
11 of affected women; and

12 WHEREAS, prenatal and perinatal depression and related
13 mood disorders are highly treatable with therapeutic
14 interventions, such as medication, professional therapy and
15 counseling, support groups and community support services,
16 including crisis hotlines;

17 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
18 REPRESENTATIVES OF THE STATE OF NEW MEXICO that the
19 department of health be requested to encourage collaboration
20 with local, state and national coalitions, organizations and
21 agencies that are informed on and devoted to the field of
22 maternal health care to facilitate increased awareness and
23 education about prenatal and perinatal depression and related
24 mood disorders; explore and encourage the use of prenatal
25 screening tools; and improve the availability of and access

1 to effective treatment, prevention and support services to
2 promote maternal and infant mental health care throughout New
3 Mexico; and

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

6 BE IT FURTHER RESOLVED that a copy of this memorial be
7 transmitted to the secretary of health. _____

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