

Rough Draft  
January 30, 2018 01:54 PM  
Folder 1552, Drafter BETH WINELAND

REFERENCE TITLE: maternal mental health

State of Arizona  
House of Representatives  
Fifty-third Legislature  
Second Regular Session  
2018

**H. C. R. \_\_\_\_\_**

Introduced by \_\_\_\_\_

A CONCURRENT RESOLUTION

PROCLAIMING MAY 2, 2018 AS MATERNAL MENTAL HEALTH DAY IN ARIZONA.

(TEXT OF BILL BEGINS ON NEXT PAGE)

1           Whereas, each year, more than 1 in 9 Arizona women experience  
2 maternal mental health issues, and many women and their families are  
3 affected by perinatal mood and anxiety disorders, including postpartum  
4 depression; and

5           Whereas, the symptoms of perinatal mood and anxiety disorders vary  
6 from person to person but can include anxiety, feeling overwhelmed, guilt,  
7 irritability, anger, difficulty sleeping, feeling disconnected from one's  
8 baby and frightening and intrusive thoughts; and

9           Whereas, perinatal mood and anxiety disorders can develop during  
10 pregnancy, after the birth of a baby and during the first year  
11 postpartum; and

12           Whereas, although primarily affecting birth mothers, perinatal mood  
13 and anxiety disorders can also affect other members of the family,  
14 including fathers, partners, siblings and grandparents, and others close  
15 to the family; and

16           Whereas, perinatal mood and anxiety disorders may impact the length  
17 of the pregnancy and have physical, emotional and cognitive consequences  
18 for the health of the newborn; and

19           Whereas, fluctuating hormone levels can play an important role in  
20 perinatal mood and anxiety disorders during pregnancy. Many mood changes  
21 are normal, and even expected, since having a baby can lead to lifestyle  
22 transformations; and

23           Whereas, with proper awareness, education, intervention and  
24 resources, as well as support from family and friends, perinatal mood and  
25 anxiety disorders are nearly 100% treatable; and

26           Whereas, there is no single test to diagnose perinatal mood and  
27 anxiety disorders; and

28           Whereas, education and screening are the best tools to identify  
29 perinatal mood and anxiety disorders, and raising awareness among new  
30 parents, educating the public and reaching out to health practitioners can  
31 increase the rate at which afflicted mothers get help; and

32           Whereas, screening for perinatal mood and anxiety disorders in  
33 well-child care may improve early detection, promote perinatal recovery  
34 and reduce associated adverse outcomes for child development; and

35           Whereas, it is vital to raise awareness of how frequently anxiety  
36 and depression affect the entire family both during and after pregnancy,  
37 to support the efforts of medical providers, community agencies and home  
38 visitation providers and to educate and inform communities about the best  
39 way to promote maternal mental health.

40 Therefore

41 Be it resolved by the House of Representatives of the State of Arizona,  
42 the Senate concurring:

43           That the Members of the Legislature proclaim May 2, 2018 as Maternal  
44 Mental Health Day in Arizona.