

1 A RESOLUTION designating May 2-8, 2021, as Postpartum Depression Awareness
2 Week in the Commonwealth of Kentucky.

3 WHEREAS, many new mothers experience a severe, long-lasting form of
4 depression known as postpartum depression; and

5 WHEREAS, according to the Centers for Disease Control and Prevention,
6 approximately one in nine women experience postpartum depression; and

7 WHEREAS, postpartum depression can interfere with a mother's ability to care for
8 her baby and handle other daily tasks; and

9 WHEREAS, postpartum depression symptoms may include intense irritability and
10 anger, fear of not being a good mother, feelings of worthlessness and shame, severe
11 anxiety and panic attacks, and thoughts of harming oneself or the baby; and

12 WHEREAS, only 15 percent of women with postpartum depression ever receive
13 professional treatment, which suggests that more than 850,000 women each year are not
14 getting the help they need; and

15 WHEREAS, postpartum depression is not a character flaw or a sign of weakness,
16 and prompt treatment can help a mother manage her symptoms; and

17 WHEREAS, more research into postpartum depression is necessary to understand
18 the causes and symptoms of maternal depression and anxiety, as well as identify who may
19 be at risk; and

20 WHEREAS, it is prudent that all in this Commonwealth have a better
21 understanding of postpartum depression, and the only way to accomplish this is to strip
22 away the stigma of the disease and acknowledge it as a medical condition that affects
23 thousands of new mothers across Kentucky; and

24 WHEREAS, in the spirit of bringing awareness to postpartum depression, this body
25 hereby designates May 2-8, 2021, as Postpartum Depression Awareness Week in the
26 Commonwealth of Kentucky;

27 NOW, THEREFORE,

1 *Be it resolved by the House of Representatives of the General Assembly of the*
2 *Commonwealth of Kentucky:*

3 ➔Section 1. The House of Representatives hereby designates May 2-8, 2021, as
4 Postpartum Depression Awareness Week in the Commonwealth of Kentucky.

5 ➔Section 2. The Clerk of the House of Representatives is directed to transmit a
6 copy of this Resolution to Representative Susan Westrom.