
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 100 Session of
2023

INTRODUCED BY BARTOLOTTA, SCHWANK, SANTARSIERO, HUGHES, COLLETT,
MARTIN, BOSCOLA, PHILLIPS-HILL, BROWN, COMITTA, MILLER,
BREWSTER, COSTA, CAPPELLETTI, DUSH, CULVER AND KANE,
APRIL 25, 2023

REFERRED TO RULES AND EXECUTIVE NOMINATIONS, APRIL 25, 2023

A RESOLUTION

1 Recognizing the month of May 2023 as "Maternal Mental Health
2 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, only approximately 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 recognize the month of May 2023 as
12 "Maternal Mental Health Month" in Pennsylvania.