

PROCLAMATION
Maternal Health Awareness Month
May 2023

WHEREAS, Maternal Mental Health Awareness Month is observed during the month of May as a way to raise awareness of this often overlooked, yet extremely important issue; and

WHEREAS, there are many changes that happen during and after pregnancy, and they are not just physical; each year, about one in five women in the United States is affected by a mental health condition during pregnancy or in the first year after having a baby; and

WHEREAS, according to the American College of Obstetrics and Gynecology, postpartum depression is the most common yet most underdiagnosed obstetrical complication in the country; research suggests up to 20% of the approximately four million US women who give birth each year will be affected by a mental health disorder, including depression, bipolar disorder, anxiety and psychosis, which occur during pregnancy and up to one year postpartum; only about 15% of the women who are suffering will get the help they need; and

WHEREAS, there is treatment available including medicine, counseling and support, and with awareness and recognition from the medical community and new mothers experiencing mental challenges, together they can work to ensure both mother and baby receive the best care, as mental health affects all aspects of a family's health and well-being; and

WHEREAS, we are extremely fortunate to have world class medical treatment and facilities including these dedicated to mental health and are thankful for the work being done to improve the availability and access to effective treatment, prevention and support services in the field of maternal mental health.

NOW THEREFORE, I, E. Kirk Rivers, Mayor of Elizabeth City, do hereby proclaim the May 2023 as Maternal Mental Health Awareness Month in Elizabeth City and encourage our residents to learn more about the prevention, care and treatment of this condition.

IN WITNESS WHEREOF, I have hereunto set my hand and have caused the Seal of the City of Elizabeth City to be affixed this 10th day of April 2023.

E. Kirk Rivers
Mayor

April D. Onley, NCCMC
City Clerk