



STATE OF TENNESSEE  
**PROCLAMATION**  
BY THE GOVERNOR

**WHEREAS**, over 80,000 babies are born in the state of Tennessee each year and the maternal health, specifically the maternal mental health of women before, during, and after pregnancy, is an issue of great concern to women and their families; and

**WHEREAS**, an estimated 10 to 20 percent of women in the United States are affected by perinatal depression, which can affect women during pregnancy and after childbirth; and

**WHEREAS**, women may experience associated symptoms, such as extreme sadness, fear, and anxiety, which are often overlooked and heavily stigmatized, and new and expectant mothers suffering from a perinatal mood disorder often feel confused, ashamed, judged and isolated; and

**WHEREAS**, many at-risk women may not seek help because they are not informed about perinatal depression and/or related mood disorders during their pregnancy and postpartum care, because there is a lack of knowledge and use of screening and assessment tools, and because they are unaware of treatment and community support services for perinatal depression and related mood disorders; and

**WHEREAS**, heightened awareness and increased education among all residents in Tennessee regarding the incidence of perinatal depression and other related mood and anxiety disorders is critical; and

**WHEREAS**, perinatal depression and related mood disorders can affect all women and teenage girls regardless of age, race, or income level, and they can have a profound impact on the family and can be associated with adverse developmental and behavioral outcomes in the young children of affected women; and

**WHEREAS**, perinatal depression and other mood and anxiety disorders are highly treatable with therapeutic interventions such as medication, professional therapy and counseling, support groups and community support services including crisis hotlines;

**NOW, THEREFORE**, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim May 2022 as

*Maternal Mental Health Month*

in Tennessee and encourage all citizens to join me in this worthy observance.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this twenty-ninth day of April, 2022.

A handwritten signature in blue ink that reads "Bill Lee".

Governor

A handwritten signature in blue ink, likely belonging to the Secretary of State.

Secretary of State

