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ACR-78 Maternal Mental Health Awareness Month. (2025-2026)

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Assembly Concurrent Resolution No. 78

CHAPTER 102

Relative to Maternal Mental Health Awareness Month.

[Filed with Secretary of State June 25, 2025.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 78, Patel. Maternal Mental Health Awareness Month.

This measure would proclaim May 2025 as Maternal Mental Health Awareness Month.

Fiscal Committee: no

WHEREAS, In the United States, maternal depression is the most common complication of pregnancy. Maternal mental health disorders encompass a range of mental health conditions, such as depression, anxiety, and postpartum psychosis; and

WHEREAS, Maternal mental health affects one in five women during or after pregnancy, but all women are at risk of suffering from maternal mental health disorders. Specifically, in California, one in five mothers suffers from pregnancy-related depression; and

WHEREAS, Fewer than 15 percent of identified cases of maternal mental health disorders are treated as a result of personal, structural, and systemic barriers within the health care system; and

WHEREAS, Untreated maternal mental health disorders significantly and negatively impact the short- and long-term health and well-being of affected women and their children; and

WHEREAS, Untreated maternal mental health disorders cause adverse birth outcomes, impaired maternal-infant bonding, poor infant growth, childhood emotional and behavioral problems, and significant medical and economic costs, estimated to be \$32,000 per mother-infant pair; and

WHEREAS, Lack of understanding and social stigma of mental health disorders prevent women and families from understanding the signs, symptoms, and risks involved with maternal mental health and disproportionately affect women who lack access to social support networks; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature dedicates the month of May 2025 as Maternal Mental Health Awareness Month; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.