

# *Resolution No. 2025 -*

## **RESOLUTION OF THE SOLANO COUNTY BOARD OF SUPERVISORS RECOGNIZING MAY 5-11, 2025 AS MATERNAL MENTAL HEALTH AWARENESS WEEK**

**WHEREAS**, maternal mental health is foundational to strong and thriving families, children, and society; and

**WHEREAS**, maternal mental health disorders occur during pregnancy and in the postpartum period, and include a range of disorders like anxiety, depression, obsessive-compulsive disorder, psychosis, as well as other disabling conditions; and

**WHEREAS**, according to the California Department of Public Health, Maternal, Child and Adolescent Health Division, 1 in 5 women will experience a perinatal mental health disorder like postpartum depression, and 1 in 3 will experience anxiety or depression during or after pregnancy; and

**WHEREAS**, depression during pregnancy, also known as prenatal depression, has been linked to an increased risk of preterm birth (birth before 37 weeks) and babies with low birth weight, and although awareness efforts have been increasing, less than 15% of women receive treatment for maternal depression; and

**WHEREAS**, according to the Policy Center for Maternal Health, people of color have an increased risk for maternal mental health disorders; African American mothers suffer from postpartum depression at twice the rate of their White counterparts; and

**WHEREAS**, the month of May highlights maternal mental health with this year's theme, "Storytelling Saves Lives," encouraging story-sharing to reduce stigma, raise awareness, and improve care for women with perinatal mood and anxiety disorders; and

**WHEREAS**, Solano County Health and Social Services is committed to addressing maternal mental health through awareness, resources, screening, and collaboration, and by implementing culturally and linguistically responsive programs like evidence-based perinatal depression intervention and in-home therapeutic services.

**NOW, THEREFORE BE IT RESOLVED**, that the Solano County Board of Supervisors recognizes May 5-11, 2025 as Maternal Mental Health Awareness Week and urges all residents to support maternal mental health wellness of mothers and families.

Dated this 22<sup>nd</sup> day of April 2025

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MITCH H. MASHBURN, Chair  
Solano County Board of Supervisors

ATTEST:  
BILL EMLLEN, Clerk  
Solano County Administrator

By: \_\_\_\_\_  
Alicia Draves, Chief Deputy Clerk