

Resolution No. 2026 -

RESOLUTION OF THE SOLANO COUNTY BOARD OF SUPERVISORS RECOGNIZING MAY 4 - 10, 2026, AS MATERNAL MENTAL HEALTH AWARENESS WEEK

WHEREAS, the Center for Disease Control reports approximately one in three women who give birth experience symptoms of anxiety or depression during or after pregnancy, and between 5%-14% of pregnant and postpartum people have thoughts or intentions of self-harm, including suicidal ideation; and

WHEREAS, the physical and mental health of mothers, infants, and families can be negatively impacted by untreated maternal mental health conditions, contributing to adverse birth outcomes, difficulties during parent-child bonding, and developmental delays; and

WHEREAS, the Maternal Mental Health Leadership Alliance reports that most maternal mental health conditions go untreated; and

WHEREAS, addressing maternal mental health with a trauma-informed, multidisciplinary approach is critical to advancing health equity and outcomes in Solano County and is essential in communities disproportionately impacted by health disparities; and

WHEREAS, Maternal Mental Health Awareness Week highlights known symptoms and early intervention opportunities through awareness campaigns, promotion of early screenings, and connecting families to resources; and

WHEREAS, May highlights maternal mental health, with this year's theme, "Rediscovering You," to empower mothers to reflect on their well-being and sense of purpose while navigating the emotional and psychological transition of pregnancy and parenthood with resilience; and

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

NOW, THEREFORE BE IT RESOLVED, that the Solano County Board of Supervisors hereby recognizes May 4-10, 2026, as Maternal Mental Health Awareness Week and urges all residents to support maternal mental health wellness of mothers and families.

Dated this 5th day of May 2026

MONICA BROWN, Chair
Solano County Board of Supervisors

ATTEST:
IAN M. GOLDBERG, Clerk
Solano County Administrator

By: _____
Alicia Draves, Chief Deputy Clerk