

STATE OF MICHIGAN



CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN

I, Rick Snyder, governor of Michigan, do hereby proclaim

May 2018

PERINATAL MOOD AND ANXIETY DISORDERS AWARENESS MONTH

WHEREAS, more than approximately 23,000 Michigan women and their families are affected by Perinatal Mood and Anxiety Disorders (PMAD) each year, historically known as Postpartum Depression; and,

WHEREAS, PMAD affect nearly 20 percent of families who have infants, including many more cases that go unreported or undiagnosed; and,

WHEREAS, PMAD vary from person to person and can include a variety of symptoms such as depression, anxiety, feeling overwhelmed, guilt, irritability, anger, difficulty sleeping and eating, feeling disconnected from one's baby, and experiencing frightening and intrusive thoughts; and,

WHEREAS, PMAD can appear during pregnancy and up to two years after a baby is born; and,

WHEREAS, although primarily affecting birth mothers, PMAD can also affect other members of the family, including fathers, partners, and caregivers. Support from family and friends is imperative; and,

WHEREAS, PMAD education is important to reduce stigma and is essential to improving the mental health of women and entire family units; and,

WHEREAS, the work of healthcare professionals and community organizations is to consistently screen women and families to increase identification of PMAD and improve access to successful treatment and referral; and,

WHEREAS, this month we join with the Michigan Department of Health and Human Services to raise awareness of the frequency of PMAD, reduce the associated stigma and to support the efforts of medical providers, community agencies, and Michigan home visiting providers to assist PMAD affected families;

NOW, THEREFORE, I, Rick Snyder, governor of Michigan, do hereby proclaim May 2018 as Perinatal Mood and Anxiety Disorders Awareness Month in Michigan.



Rick Snyder
Governor

