

# STATE OF MICHIGAN



## CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN

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

May 2017

# POSTPARTUM DEPRESSION AWARENESS MONTH

**WHEREAS**, more than 23,000 Michigan women and their families are affected by postpartum depression each year; and,

**WHEREAS**, postpartum depression affects nearly 20 percent of families who have infants, and many more cases go unreported or undiagnosed; and,

**WHEREAS**, the symptoms of postpartum depression vary from person to person but can include anxiety, feeling overwhelmed, guilt, irritability, anger, difficulty sleeping, feeling disconnected from one's baby and experiencing frightening and intrusive thoughts; and,

**WHEREAS**, postpartum depression can develop immediately after a baby is born and up to 24 months after. In some cases, it can also appear during pregnancy; and,

**WHEREAS**, although primarily affecting birth mothers, postpartum depression can also affect other members of the family, including fathers, siblings and grandparents; and,

**WHEREAS**, women commonly have mood changes during pregnancy caused by fluctuation in hormone levels. Many mood changes are normal, and even expected, since having a baby can lead to lifestyle transformations. Support from your family and friends can help; and,

**WHEREAS**, there is no single test to diagnose postpartum depression. Education is the best tool to fight postpartum depression, and raising awareness among new parents, educating the public, and reaching out to health practitioners can increase the rate at which afflicted mothers get help; and,

**WHEREAS**, this month we join with the Michigan Department of Health and Human Services to raise awareness of how frequently postpartum depression affects families and support the efforts of medical providers, community agencies and Michigan home visitation providers that inform about the best way to help;

**NOW, THEREFORE**, I, Rick Snyder, governor of Michigan, do hereby proclaim May 2017 as Postpartum Depression Awareness Month in Michigan.



Rick Snyder  
Governor

