

STATE OF NORTH DAKOTA

PROCLAMATION

MATERNAL MENTAL HEALTH AWARENESS WEEK MAY 3-8, 2021

WHEREAS, approximately 20 percent to 25 percent of women experience a perinatal mood disorder during or after pregnancy; and

WHEREAS, approximately 1 in 7 women experience postpartum depression and/or anxiety, which is the most common complication following childbirth; and

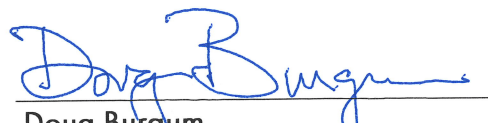
WHEREAS, approximately 50 percent of women affected by a perinatal mood disorder will not seek treatment; and

WHEREAS, the observance of Maternal Mental Health Awareness Week encourages North Dakotans to raise awareness and increase the understanding of perinatal mood disorders to reduce the stigma attached to receiving treatment; and

WHEREAS, during this week, North Dakotans are encouraged to increase awareness of perinatal mood disorders to support de-stigmatization, to recognize mothers and families who have experienced perinatal mood disorders and to encourage early treatment and interventions.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 3-8, 2021, **MATERNAL MENTAL HEALTH AWARENESS WEEK** in the State of North Dakota.




Doug Burgum
GOVERNOR

ATTEST: 
Alvin A. Jaeger
SECRETARY OF STATE