

# STATE OF NORTH DAKOTA

## PROCLAMATION

### MATERNAL MENTAL HEALTH AWARENESS WEEK

APRIL 30 - MAY 6, 2023

WHEREAS, approximately 20 %to 25% 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

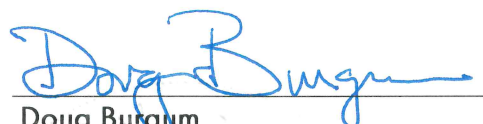
WHEREAS, approximately 50% of women affected by a perinatal mood disorder will not seek treatment; and

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 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  
April 30 - May 6, 2023, **MATERNAL MENTAL HEALTH AWARENESS WEEK** in the  
State of North Dakota.



  
Doug Burgum  
GOVERNOR

ATTEST:   
Michael Howe  
SECRETARY OF STATE