

# STATE OF NORTH DAKOTA

## PROCLAMATION

### WOMEN'S PERINATAL MENTAL HEALTH AWARENESS DAY DECEMBER 14, 2019

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

WHEREAS, postpartum depression and/or anxiety will effect 1 out of 7 women, making it the most common complication following childbirth; and

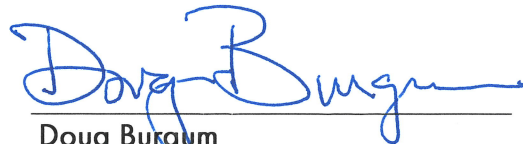
WHEREAS, roughly 50 percent of women affected by a perinatal mood disorder will not seek treatment; and

WHEREAS, Women's Perinatal Mental Health Awareness Day encourages North Dakotans to raise awareness and increase the understanding of perinatal mood disorders to reduce the stigma attached to receiving treatment; and

WHEREAS, on this day, North Dakotans are encouraged to increase awareness of perinatal mood disorders to support de-stigmatization, to recognize mothers and family's who have experienced perinatal mood disorders, and to encourage early treatment and interventions.

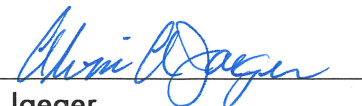
NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
December 14, 2019, **WOMEN'S PERINATAL MENTAL HEALTH AWARENESS DAY**  
in the State of North Dakota.





Doug Burgum  
GOVERNOR

ATTEST:



Alvin A. Jaeger  
SECRETARY OF STATE