

PROCLAMATION

DESIGNATING THE MONTH OF MAY 2026 AS MATERNAL MENTAL HEALTH AWARENESS MONTH

WHEREAS, pregnancy, childbirth, and the postpartum period are profound life transitions that can affect every aspect of a person's life—including their mental health. Maternal mental health struggles are among the most common complications of pregnancy and childbirth, yet they often go unrecognized and untreated due to stigma, lack of screening, and barriers to care; and

WHEREAS, up to 1 in 5 women and 1 in 10 men will experience a perinatal mood or anxiety disorder such as postpartum depression, anxiety, obsessive-compulsive disorder, or post-traumatic stress disorder, making these conditions the most common complication of pregnancy; and

WHEREAS, untreated maternal mental health conditions can have long-term negative impacts on the birthing person, the infant, and the entire family, including disruptions to bonding, development, and family stability; and

WHEREAS, stigma and cultural silence around mental health during pregnancy and postpartum prevent many individuals from seeking help, sometimes suffering in silence for months or years and the struggles with mental health can affect any parent, regardless of age, race, or income level; and

WHEREAS, systemic disparities mean that Black, Indigenous, and other communities of color experience higher rates of maternal mental health conditions and face greater barriers to care, including discrimination, lack of access, and underdiagnosis; and

WHEREAS, pregnancy and postpartum mood and anxiety disorders are highly treatable through awareness, early screening, timely intervention, and access to culturally responsive and trauma-informed mental health care, which can lead to full recovery and improved outcomes; for individuals and families; and

WHEREAS, Lake County Behavioral Health Services supports maternal mental health through investment in programs like Mother-Wise, a community-based nonprofit that offers free in-person and virtual support groups, mental health screenings, peer support, and a welcoming drop-in center where mothers can find connection, encouragement, needed supplies, and care without judgment; and

WHEREAS, programs like Mother-Wise help reduce isolation, increase awareness of available resources, and create a sense of community for new and expecting mothers navigating the mental health challenges of pregnancy and postpartum; and

WHEREAS, all birthing people deserve to be heard, believed, and supported in their mental health journeys, and a community that centers wellness for new and expecting parents builds a stronger foundation for future generations.

NOW, THEREFORE, BE IT PROCLAIMED, the Lake County Board of Supervisors does hereby proclaim the month of May 2026 as Maternal Mental Health Awareness Month in Lake County and calls upon all residents, healthcare providers, and community leaders to join in breaking the stigma, supporting families, and ensuring that maternal mental health is a priority in our collective efforts to build a healthier community.

PASSED AND ADOPTED this 12th day of May, 2026.

ATTEST: SUSAN PARKER
Clerk to the Board

COUNTY OF LAKE

By: _____



Chair, Board of Supervisors