

1 [Perinatal Depression Awareness Month - May]

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3 **Resolution declaring every May as Perinatal Depression Awareness Month in the City**  
4 **and County of San Francisco, and encouraging improvements in the screening and**  
5 **treatment of perinatal depression.**

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7 WHEREAS, over 8,500 babies are born in the City and County of San Francisco each  
8 year and the maternal health and, more specifically, the mental health of women before,  
9 during, and after pregnancy is an issue of great concern to women and their families and is,  
10 therefore, of interest to the City and County of San Francisco; and

11 WHEREAS, between 10 and 20 percent of new and expectant mothers are affected by  
12 Perinatal Depression and related mood disorders, and they may experience associated  
13 symptoms, which are often overlooked and heavily stigmatized because new and expectant  
14 mothers suffering from a perinatal mood disorder often feel confused, ashamed, and isolated;  
15 and,

16 WHEREAS, many at-risk women may not seek help because they are not informed  
17 about Perinatal Depression and related mood disorders as part of their health care, because  
18 there is a lack of knowledge and use of screening and assessment tools, and because they  
19 are unaware of treatment and community supportive services for Perinatal Depression and  
20 related mood; and

21 WHEREAS, heightened awareness and increased education among all residents in  
22 the City and County of San Francisco regarding the incidence of Perinatal Depression is  
23 critical as Perinatal Depression and related mood disorders affect all categories of women and  
24 teenage girls regardless of their age, race, or income level; and  
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1           WHEREAS, Perinatal Depression can have a profound impact on the family and  
2 significantly contribute to adverse developmental and behavioral outcomes and attachment  
3 disorders in the young children of affected women; and

4           WHEREAS, Perinatal Depression is highly treatable with therapeutic intervention such  
5 as medication, professional therapy and counseling, support groups and community support  
6 services including crisis hotlines: now, therefore, be it

7           RESOLVED, That hereafter, every May, Perinatal Depression Awareness Month is  
8 declared throughout the City and County of San Francisco; and, be it  
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10          FURTHER RESOLVED, That the City and County of San Francisco continues to work  
11 to facilitate increased awareness and education about Perinatal Depression and related mood  
12 disorders throughout the City and County, to explore and encourage the use of prenatal  
13 screening tools, and to improve the availability and access to effective treatment and support  
14 services for the promotion of maternal and infant mental health in the City and County of San  
15 Francisco.  
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