



Proclamation

World Maternal Mental Health Day May 1, 2024

WHEREAS, since 2016 a multidisciplinary group of international maternal mental health activists, academics, clinicians and people with lived experience are coming together once a year to raise awareness to demand maternal mental health service and supports for all; and

WHEREAS, in many countries, as many as 1 in 5 new mothers experience some type of perinatal mood and anxiety disorder (PMADs). These illnesses frequently go unnoticed and untreated, often with tragic and long-term consequences to both mother and child; and


WHEREAS, no one is immune! Women, men, partners and birthing persons of every culture, age, income level and race can develop PMADs. Symptoms appear any time during pregnancy and the first 12 months after childbirth. There are effective and well-researched treatment options available to help women recover; and

WHEREAS increasing awareness will drive social change with the goal toward improving the quality of care for women experiencing all types of PMADs and recuring the stigma of maternal mental illness. We are encouraging mental health professionals, friends and relatives of individuals and families to ask them how they're feeling and encourage them to seek help.

THEREFORE, BE IT RESOLVED that I, Mayor Mike Savage, on behalf of Halifax Regional Council, do hereby proclaim May 1st, 2024, **World Maternal Mental Health Day** in Halifax Regional Municipality, Nova Scotia.

Dated at Halifax, Nova Scotia
this 1st day of May 2024




Mike Savage
Mayor