



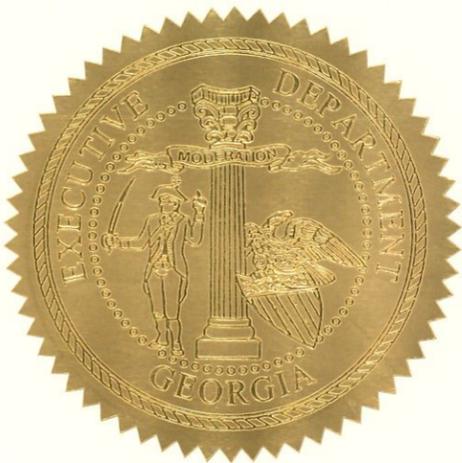
BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

POSTPARTUM MATERNAL MENTAL HEALTH AWARENESS DAY

- WHEREAS:** Postpartum maternal mental health challenges, including Postpartum Depression, Postpartum Anxiety, and mood-related disorders, represent serious and potentially life-threatening conditions that extend beyond temporary emotional changes, profoundly affecting the physical, hormonal, psychological, relational, and spiritual well-being of mothers across Georgia; and
- WHEREAS:** These conditions may present as persistent sadness, overwhelming anxiety, sleep disruption, intrusive thoughts, emotional detachment, exhaustion, identity loss, feelings of shame, and in severe cases, thoughts of self-harm—requiring early recognition, clinical support, and compassionate intervention; and
- WHEREAS:** Untreated postpartum mental health conditions can significantly impact not only mothers, but also infants, bonding, attachment patterns, partner relationships, workforce participation, and overall family stability, influencing generational health outcomes; and
- WHEREAS:** Many mothers in Georgia experience barriers to care, including stigma, limited culturally responsive services, gaps in insurance coverage, inadequate postpartum follow-up, lack of education during pregnancy, and minimal structured fourth trimester planning; and
- WHEREAS:** Building a statewide culture of awareness, early intervention, professional accountability, and accessible fourth trimester care is essential to reducing stigma, improving clinical outcomes, and ensuring that every mother in Georgia receives the comprehensive support she deserves; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2, 2026, as POSTPARTUM MATERNAL MENTAL HEALTH AWARENESS DAY in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 4th day of March in the year of our Lord, Two Thousand and Twenty-Six.



B. P. Kemp

GOVERNOR

ATTEST

Laura M. Curry

CHIEF OF STAFF