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 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 2nd day of March in the year of our Lord, Two Thousand and Twenty-Six.

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GOVERNOR

ATTEST

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CHIEF OF STAFF