

Senate Resolution No. 2163

BY: Senator BROUK

MEMORIALIZING Governor Kathy Hochul to proclaim May 2026, as Maternal Mental Health Month in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of serious health conditions that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim May 2026, as Maternal Mental Health Awareness Month in the State of New York; and

WHEREAS, May is recognized as Maternal Mental Health Month every year; and

WHEREAS, Each year, New York State officially sets aside time to recognize the impact of maternal health on mothers in our State and beyond; and

WHEREAS, Maternal Mental Health Month seeks to raise awareness of maternal mental health disorders, reduce maternal mortality, and support the wellbeing of birthing people and infants; and

WHEREAS, While one in five women experience a maternal mental health disorder, only ten percent will receive the treatment they need; and

WHEREAS, Maternal Mental Health Month sheds light on the urgency of addressing gaps in mental health support to ensure the wellbeing of birthing people during pregnancy, birth, and in the postpartum period; and

WHEREAS, Mental health is particularly at risk during the perinatal period, and Maternal Mental Health Month draws attention to pregnancy and the first year postpartum when birthing people are more vulnerable to a maternal mental health disorder; and

WHEREAS, Maternal mental health conditions that impact birthing people in the perinatal period include anxiety, substance use disorder, and depression; and

WHEREAS, More than 80 percent of pregnancy related deaths are preventable, and mental health conditions are a leading cause of many pregnancy-related deaths; and

WHEREAS, Of the people who experienced maternal mental health conditions, 75 percent are left untreated and undiagnosed; and

WHEREAS, Maternal Mental Health Month is a reminder that health care

professionals, community members, and policy makers must prioritize maternal mental health care to prevent vulnerable pregnant and postpartum people from experiencing maternal mental health disorders; and

WHEREAS, As this Legislative Body recognizes Maternal Mental Health Month, awareness is raised about the preventative measures and quality treatments needed to address maternal mental health disorders and help improve health outcomes for birthing people and infants; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2026, as Maternal Mental Health Month in the State of New York; and be it further

RESOLVED, That copies of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York; and the Legislative Women's Caucus of New York State.