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THE CORPORATION OF THE CITY OF BARRIE
Mayor's Office

PROCLAMATION

I, ALEX NUTTALL, Mayor of the City of BARRIE,

do hereby proclaim

May 3, 2023

as

World Maternal Mental Health Day

- 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 on the first Wednesday during the month of May to raise awareness to demand maternal mental health service and supports for all; and
- WHEREAS;** In many countries, as many of 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 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 reducing the stigma of maternal mental illness. We are encouraging health professionals, friends and relatives of individuals and families to ask how they're feeling and encourage them to seek help. We are also encouraging our elected leaders to commit to ensuring timely access to perinatal mental health services.
- THEREFORE,** I, Alex Nuttall, Mayor of the City of Barrie, do hereby proclaim **May 3, 2023** as "**World Maternal Mental Health Day.**"

Alex Nuttall,
Mayor