



World Maternal  
Mental Health Day  
#maternalMHmatters



Perinatal Mental  
Health Alliance  
of Newfoundland & Labrador

### Proclamation

### World Maternal Mental Health Day

May 4, 2022

**WHEREAS:** Pregnancy and childbirth, or adoption, and the infant's first year of life should be a period of joy and bonding for the entire family;

**AND WHEREAS:** 28% of mothers in Newfoundland and Labrador will experience a significant mood disorder during and after pregnancy, possibly leading to a more severe mental illness;

**AND WHEREAS:** Untreated, these mood disorders may lead to premature labour, admission to the neonatal intensive care unit, increased risks of obstetrical complications, lower breastfeeding rates, and poor fetal and infant outcomes (potential cognitive, emotional and behavioral impairments) and, in rare cases, even to suicide;

**AND WHEREAS:** There are professionals and peers in Newfoundland and Labrador who can assist parents and families deal with mood disorders:

**AND WHEREAS:** The Perinatal Mental Health Alliance of Newfoundland and Labrador has been created to improve the care provided to birthing persons and their families;

### BE IT RESOLVED THAT:

I, Dr. John Haggie, Minister of the Department of Health and Community Services proclaim May 4, 2022, "World Maternal Mental Health Day" in Newfoundland and Labrador.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_