



Proclamation

A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF ROLLING HILLS ESTATES DECLARING MAY 2026 AS MATERNAL MENTAL HEALTH AWARENESS MONTH

WHEREAS, tens of thousands of babies are born in the County of Los Angeles each year, and the mental health of women before, during, and after pregnancy is an issue of great concern to women and their families and to our communities; and

WHEREAS, between 10 and 20 percent of new and expectant mothers are affected by Perinatal Depression and related mood disorders and may experience associated symptoms, which are often overlooked and heavily stigmatized because new and expectant mothers suffering from perinatal mood disorders commonly feel confused, ashamed, and isolated; and

WHEREAS, Perinatal Depression and related mood disorders, which include depression, anxiety, mania, and psychosis, are pervasive but treatable illnesses that affect all categories of women and teenage girls, regardless of age, race, or income level; and

WHEREAS, many women do not seek help because they are not informed about Perinatal Depression and related mood disorders as part of their health care, because there is a lack of knowledge and use of screening and assessment tools, or because they are unaware of treatment and community supportive services for Perinatal Depression and related mood disorders; and

WHEREAS, Perinatal Depression can have a profound impact on families and significantly contribute to adverse developmental and behavioral outcomes and attachment disorders in the young children of affected women; and

WHEREAS, increased awareness and education regarding the incidence of Perinatal Depression is critical, given that Perinatal Depression is highly treatable with therapeutic intervention such as medication, professional therapy and counseling, support groups, and community support services such as crisis hotlines.

NOW, THEREFORE, BE IT RESOLVED that to increase awareness and education about Perinatal Depression and related mood disorders, and to encourage the use of prenatal screening tools, the month of May 2026 is hereby proclaimed as "Maternal Mental Health Awareness Month" in the City of Rolling Hills Estates, in the interest of improving access to effective treatment, prevention, and support services for the benefit of maternal and infant mental health in the region.

PROCLAIMED THIS 12th day of MAY 2026, at a regular meeting of the CITY COUNCIL OF THE CITY OF ROLLING HILLS ESTATES.

FRANK V. ZERUNYAN, MAYOR

ATTEST:

LAUREN PETTIT, CITY CLERK

