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THE CORPORATION OF THE CITY OF BARRIE
Mayor's Office

PROCLAMATION

I, JEFF LEHMAN, Mayor of the City of BARRIE,

do hereby proclaim

May 3, 2020 – May 10, 2020

as

World Maternal Mental Health Week

- 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 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 mental health professional, friends and relatives of new moms to ask her how she's really feeling and encourage her to seek help. Raising awareness of maternal mental health issues so that more women will get treatment and fewer will suffer is paramount.
- THEREFORE,** I, Jeff Lehman, Mayor of the City of Barrie, do hereby proclaim **May 3 to May 10, 2020** as **"World Maternal Mental Health Week."**




Jeff Lehman,
Mayor