

Humboldt County Board of Supervisors

PROCLAMATION

in honor of

MATERNAL MENTAL HEALTH MONTH

WHEREAS, in the United States, maternal depression is the most common complication of pregnancy, and maternal mental health disorders, during and after pregnancy, encompass a range of conditions including depression, anxiety and postpartum psychosis; and

WHEREAS, in California, one in five mothers suffers from pregnancy-related depression; and in the United States maternal suicides account for up to 20 percent of all postpartum deaths; and

WHEREAS, fewer than 15 percent of mothers with maternal mental health disorders are treated due to personal, structural and systemic barriers within the health care system; and

WHEREAS, untreated maternal mental health disorders can cause adverse birth outcomes, impaired maternal-infant bonding, poor infant growth, childhood emotional and behavioral problems and significant medical and economic costs; and

WHEREAS, many at-risk families may not seek help because they are not informed about perinatal mood and anxiety disorders as part of their health care due to lack of knowledge of screening tools, treatments and community support services; and

WHEREAS, both mothers and fathers may experience mental health symptoms that often go unrecognized and untreated due to the unfair stigma associated with mental health conditions, negatively impacting the short and long-term health and well-being of their families; and

WHEREAS, the County of Humboldt encourages collaboration with local and national coalitions, organizations and agencies to facilitate increased awareness and education about maternal mental health including the availability of 24/7 help through the National Maternal Mental Health Hotline at 1-833-TLC-MAMA.

NOW, THEREFORE, BE IT RESOLVED, that the Humboldt County Board of Supervisors hereby proclaim the month of May 2026 as “Maternal Mental Health Month” and recognize the importance of acknowledging this health issue impacting families.



May 12, 2026

Mike Wilson, Chair