

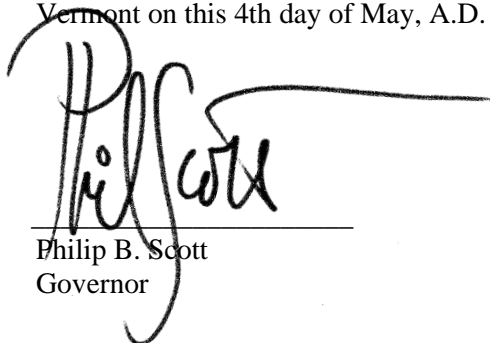
**State of Vermont  
Executive Department  
A Proclamation**

- WHEREAS,** Vermont recognizes the strain of the perinatal period on the mental health of parents and families and is working to increase community awareness about the prevalence of, and risks for, perinatal mood and anxiety disorders; and
- WHEREAS,** the state is committed to educating Vermonters on the resources and services available to support and treat perinatal mental health conditions while working to break down stigma associated with these temporary and treatable conditions; and
- WHEREAS,** perinatal mood and anxiety disorders can develop any time during pregnancy, after the birth of a baby, and during the first year postpartum; and
- WHEREAS,** as many as one in five pregnant or postpartum Vermonters suffer from symptoms of depression and/or anxiety during the perinatal period, and national data suggests these rates have increased to at least one in three since the beginning of the COVID-19 pandemic; and
- WHEREAS,** perinatal mood and anxiety disorders are the leading complication associated with childbearing and can include a spectrum of emotional distress, including but limited to Perinatal Depression, Perinatal Anxiety, Bipolar Disorder in the Peripartum, Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder, and rarely, Postpartum Psychosis; and
- WHEREAS,** due to the American history of structural racism, members of Black, Indigenous, and People of Color (BIPOC) communities are disproportionately impacted by perinatal mental health conditions, experiencing them at rates that are two to three times higher than white individuals; and
- WHEREAS,** perinatal mood and anxiety disorders touch most Vermont families in some way, given the emerging evidence that fathers, partners, and non-gestational caregivers (foster or adoptive parents) are also at risk from the stress of caring for a newborn baby.
- NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim May 4, 2022 as

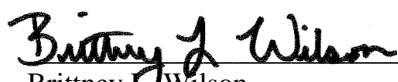
**PERINATAL MENTAL HEALTH AWARENESS DAY**

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 4th day of May, A.D. 2022.

  
Philip B. Scott  
Governor



  
Brittney J. Wilson  
Secretary of Civil and Military Affairs