



# COUNTY OF SANTA BARBARA CALIFORNIA

**RESOLUTION PROCLAIMING  
THE MONTH OF MAY 2011  
AS PERINATAL DEPRESSION  
AWARENESS MONTH**

*WHEREAS, over 6,000 babies are born in Santa Barbara County each year and the mental health of women before, during, and after pregnancy is an issue of great concern; and*

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

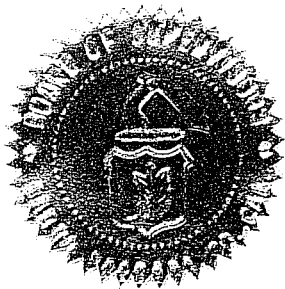
*WHEREAS, many at-risk women may not seek help because they are not informed about the availability of screening and assessment tools for Perinatal Depression, and because they are unaware of the treatment and community support services available for Perinatal Depression and related mood disorders; and*

*WHEREAS, heightened awareness and increased education regarding Perinatal Depression is critical as it can have a profound impact on the entire family and significantly contribute to adverse developmental and behavioral outcomes and cause attachment disorders in the young children of affected women; and*

*WHEREAS, Perinatal Depression is highly treatable with therapeutic intervention.*

**NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED** that the Board of Supervisors of Santa Barbara County does hereby observe the month of May 2011 as Perinatal Depression Awareness Month, to facilitate increased awareness, education, and intervention for Perinatal Depression and mood disorders.

**PASSED AND ADOPTED**, by the Board of Supervisors of the County of Santa Barbara, State of California, this seventeenth day of May, 2011, by a unanimous vote of all members present.



*[Signature]*

Supervisor - 1st District

*[Signature]*

Supervisor - 2nd District

*[Signature]*

Supervisor - 3rd District

*[Signature]*

Supervisor - 4th District

*[Signature]*

Supervisor - 5th District

ATTEST:

*[Signature]*

Clerk of the Board