

## “Maternal Mental Health Day” May 6, 2026

WHEREAS: perinatal mental health is also known as maternal mental health, and mothers and pregnant persons can experience prenatal (during pregnancy) and postpartum (after pregnancy) mental illness, including depression, anxiety, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder and psychosis, and

WHEREAS: perinatal mental illness is highly preventable and treatable, and if untreated can contribute to profound or even fatal consequences for mothers, pregnant persons and infants, and

WHEREAS: ensuring that mothers and pregnant persons have access to mental health care will help them adapt to their changing life circumstances and care for themselves and their children,

WHEREAS: Indigenous mothers and birthing parents experience significant inequities during the perinatal period, with mental health distress causing adverse outcomes for mothers, birthing parents and infants, and

WHEREAS: World Maternal Mental Health Day is observed internationally on the first Wednesday of May each year, and

WHEREAS: Maternal Mental Health Day in Penticton is an opportunity to raise awareness of the importance of maternal mental health and to show support for all who are affected by perinatal mental illness.

**NOW, THEREFORE** I, Mayor Julius Bloomfield, **DO HEREBY PROCLAIM** May 6, 2026 as Maternal Mental Health Day in the City of Penticton.

A handwritten signature in black ink, appearing to read "J. Bloomfield", is written over a horizontal line.

Mayor Julius Bloomfield