

ONE HUNDRED NINTH LEGISLATURE

SECOND SESSION

LEGISLATIVE RESOLUTION 416

Introduced by Cavanaugh, M., 6; Armendariz, 18; Bosn, 25; Bostar, 29; Brandt, 32; Cavanaugh, J., 9; Clouse, 37; DeBoer, 10; DeKay, 40; Dorn, 30; Dover, 19; Dungan, 26; Fredrickson, 20; Guereca, 7; Hallstrom, 1; Hansen, 16; Hardin, 48; Holdcroft, 36; Hughes, 24; Hunt, 8; Jacobson, 42; Juarez, 5; Lippincott, 34; McKinney, 11; Meyer, F., 41; Meyer, G., 17; Quick, 35; Raybould, 28; Riepe, 12; Rountree, 3; Spivey, 13; Storer, 43; Storm, 23; Wordekemper, 15.

WHEREAS, over twenty-four thousand babies are born in Nebraska each year and the mental health of women before, during, and after pregnancy is an issue of great concern to mothers, families, and Nebraska; and

WHEREAS, one in five women and one in seven men are affected by a perinatal mood, anxiety, and depression disorder, and may experience associated symptoms that are often overlooked and heavily stigmatized; and

WHEREAS, new and expectant parents suffering from these disorders often feel confused, ashamed, and isolated; and

WHEREAS, about seventy percent of women identified during routine health screenings do not seek help because they do not receive information about perinatal mood, anxiety, and depression disorders as part of their health care; and

WHEREAS, many providers lack the knowledge to effectively use screening tools and are often unaware of treatment and community supportive services for perinatal mood, anxiety, and depression disorders; and

WHEREAS, perinatal mood, anxiety, and depression disorders are highly treatable with therapeutic intervention such as medication, therapy, counseling, support groups, and community support services.

NOW, THEREFORE, BE IT RESOLVED BY THE MEMBERS OF THE ONE HUNDRED NINTH LEGISLATURE OF NEBRASKA, SECOND SESSION:

1. That the Legislature recognizes May 2026 as Maternal Mental Health Awareness Month in Nebraska.

2. That the Legislature expresses support for all people diagnosed with a

perinatal mood, anxiety, and depression disorder.