

April 9, 2018

The Honorable Marie Waldron
California State Assembly
State Capitol, Room 4130
Sacramento, CA 95814

RE: ACR 180 – Maternal Mental Health Awareness Month - SUPPORT

Dear Assemblymember Waldron:

On behalf of the Monterey County Board of Supervisors, we are pleased to support your ACR 180 which dedicates May 2018 as Maternal Mental Health Awareness Month.

As you know, maternal depression is the most common complication of pregnancy. Maternal mental health disorders encompass a range of mental health conditions, such as depression, anxiety, and postpartum psychosis. Maternal mental health affects one in five women during or after pregnancy, but all women are at risk of suffering from maternal mental health disorders. Specifically, in California, one in five Californian mothers suffers from pregnancy-related depression. However, less than 15 percent of identified cases of maternal mental health disorders are treated as a result of personal, structural, and systemic barriers within the health care system.

It is important that we bring awareness to maternal mental health. For these reasons, we are pleased to support your ACR 180.

Sincerely,

Luis A. Alejo
Chair, Board of Supervisors

cc: The Honorable Bill Monning, California State Senate
The Honorable Anthony Cannella, California State Senate
The Honorable Anna Caballero, California State Assembly
The Honorable Mark Stone, California State Assembly
California State Association of Counties