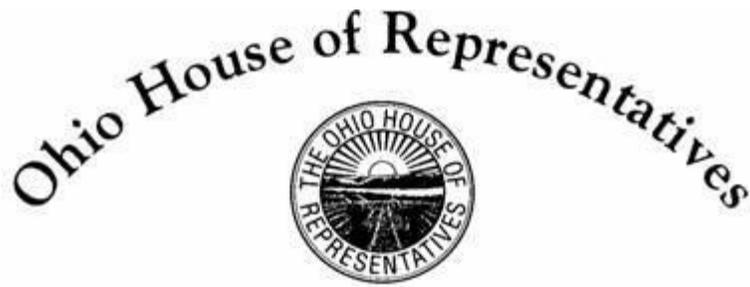


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Committees

Energy and Natural Resources
Committee

Insurance Committee

Public Utilities Committee

Rules and Reference Committee

Sharon A. Ray

State Representative
Assistant Majority Whip

Chairwoman Pavliga, Vice Chairwoman White, Ranking Member Brewer, and members of the House Behavioral Health Committee- thank you for the opportunity to provide sponsor testimony on House Concurrent Resolution 16, recognizing the importance of perinatal mental health.

Perinatal depression and other mental health conditions can affect a significant portion of new and expectant mothers. The perinatal period is a critical time characterized by significant physical, emotional, and hormonal changes. It's not uncommon for individuals to experience heightened levels of anxiety and stress during this time due to the multitude of adjustments and uncertainties that come with pregnancy, childbirth, and caring for a newborn. Roughly 85% of mothers experience some type of mood disturbance and while most symptoms are mild and short-lived, 10-15% develop more significant symptoms.

Recognizing the signs and symptoms of perinatal depression and other mental health conditions is essential for timely intervention and support. Encouraging open conversations about mental health during pregnancy and after childbirth, providing accessible mental health services, and offering support groups can all contribute to better outcomes for new mothers and their families- mitigating the risk of adverse outcomes for both themselves and their children.

This is a critical issue that requires attention and support from healthcare providers, family, and society at large.

I would like to thank my joint sponsor, Representative Somani for her leadership on this resolution and the House Behavioral Health Committee for allowing us to provide testimony on HCR 16. We would be happy to answer any questions from the committee.