

# Proclamation



*Jane Castor, Mayor*

**WHEREAS, Perinatal Mental Health**, the period from when pregnancy begins to the first year after the baby is born, is about the emotional well-being of pregnant women and their child, partner, and families, and it is a major concern to mothers, fathers, infants, families, and healthcare providers; and

**WHEREAS**, a major mental health condition, approximately 15 percent, or about one in seven new mothers experience postnatal mental health complications, and the most common concern is depression occurring in the first few weeks and up to the first year after the birth of her child, and emerging research shows conditions may impact women longer than just the first year postpartum; and

**WHEREAS**, although many women and men are not screened or treated for perinatal mood and anxiety disorders (PMAD) including depression, it can be treatable with timely therapeutic interventions, community-based supportive services, and medications; and

**WHEREAS**, women can experience other postpartum mental health complications including anxiety, obsessive-compulsive, post-traumatic stress and bipolar disorders and psychosis, and these mental health conditions affect families of all races, income levels, ages and backgrounds, and increased education and heightened awareness of the incidences of perinatal mood and anxiety disorders is critical in order to impact positive developmental and behavioral outcomes for women, children and families; and

**WHEREAS**, Postpartum Support International is a nonprofit perinatal mental health organization with the mission of promoting awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide, including the United States, the state of Florida, and the Tampa Bay area, and the organization established the **Climb Out of the Darkness Weekend**, the world's largest annual awareness and fundraising event for the mental health of new families; and

**WHEREAS**, the *Climb Out of the Darkness - Team Tampa Bay* is held on Saturday, October 7, 2023, at the Children's Board Family Resource Center featuring the theme *You Are Not Alone*, and the event includes family and children's activities, and the day will bring needed funding for and awareness of Perinatal Mood and Anxiety Disorders.

**NOW, THEREFORE**, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim October 7-8, 2023, as

## ***"CLIMB OUT OF THE DARKNESS WEEKEND"***

in the city of Tampa, Florida and urge all citizens to join me in recognizing the importance of public awareness and community support for perinatal mental health that impacts many families in the Tampa Bay community.

Dated in Tampa, Florida, this 5<sup>th</sup> day of October 2023.



*Jane Castor*  
Mayor