

119TH CONGRESS
2^D SESSION

H. RES. 1256

Expressing support for the designation of May 6, 2026, as “National Maternal Mental Health Awareness Day” and prioritizing the goals and ideals of raising awareness and understanding of maternal mental health conditions.

IN THE HOUSE OF REPRESENTATIVES

MAY 4, 2026

Ms. LETLOW (for herself, Ms. KELLY of Illinois, Mrs. KIM, and Mrs. KIGGANS of Virginia) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Expressing support for the designation of May 6, 2026, as “National Maternal Mental Health Awareness Day” and prioritizing the goals and ideals of raising awareness and understanding of maternal mental health conditions.

Whereas 1 in 5 women, and 1 in 3 medically underserved women, experience a maternal mental health condition each year, impacting an estimated 800,000 American families;

Whereas over $\frac{1}{3}$ of female active duty servicemembers and military spouses, and almost $\frac{2}{3}$ of retirees, are diagnosed with a maternal mental health condition during the perinatal period;

Whereas maternal mental health conditions are among the most common health conditions during the perinatal period, including anxiety, substance use disorder, and depression;

Whereas 22.5 percent of pregnancy-related deaths were caused by a mental health condition, of which approximately $\frac{1}{3}$ of mothers died by suicide and $\frac{2}{3}$ by overdose;

Whereas 87 percent of pregnancy-related deaths (and 100 percent of deaths by suicide and overdose) are preventable;

Whereas maternal mental health conditions increase the risk of infant mortality, preterm birth, and low birth weight, and impede infant growth and development;

Whereas 75 percent of mothers with a maternal mental health condition never receive treatment;

Whereas untreated maternal mental health conditions cost the United States economy \$14,200,000,000 each year due to productivity loss, preterm births, child behavioral and developmental costs, and other health costs;

Whereas maternal mental health conditions during the prenatal and perinatal periods are easily treatable with increased access to risk assessments, regular screening, and other early intervention mechanisms; and

Whereas more research and funding are needed to build upon evidence-based best practices for improved screening and treatment efforts, expand access to and quality of treatment and prevention services, and improve health outcomes for mothers, infants, and communities: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

1 (1) recognizes and supports the designation of
2 “National Maternal Mental Health Awareness Day”;

3 (2) supports the goals and ideals of a national
4 day to raise public awareness and understanding
5 around maternal mental health conditions, the Na-
6 tional Maternal Mental Health Hotline, and mater-
7 nal mental health’s disproportionate impact on high-
8 risk communities, including servicemembers, vet-
9 erans, rural mothers, and other medically under-
10 served mothers;

11 (3) recognizes the risks affiliated with un-
12 treated maternal mental health conditions and the
13 negative health impacts on mothers and their chil-
14 dren;

15 (4) acknowledges the need for further research
16 on, and prevention and treatment of, maternal men-
17 tal health conditions; and

18 (5) encourages Federal, State, and local govern-
19 ments and citizens of the United States—

20 (A) to support National Maternal Mental
21 Health Awareness Day through programs and
22 activities; and

23 (B) to promote public awareness of mater-
24 nal mental health conditions.

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