

State of North Carolina

JOSH STEIN
GOVERNOR

NATIONAL MATERNAL MENTAL HEALTH DAY

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, the health of women who give birth and their families is of high priority to the State of North Carolina; the period spanning pregnancy through the first two years of postpartum parenting is a universal time of vulnerability with serious concerns, including rising maternal mortality and racial inequities in maternal outcomes for birthing people across the nation; and

WHEREAS, approximately 118,000 babies are born in North Carolina each year, and the maternal health – specifically, the mental health of women before, during, and after pregnancy – is an issue of great concern to women and their families; and

WHEREAS, at least 20 percent of new and expectant mothers are affected by a perinatal mood and anxiety disorder such as depression, anxiety, obsessive-compulsive disorder, bipolar disorder, post-traumatic stress disorder, anxiety, and psychosis; and

WHEREAS, mothers may experience associated symptoms that are often overlooked and heavily stigmatized because expectant and new mothers suffering from perinatal mood disorders often feel confused, ashamed, and isolated; and

WHEREAS, African American women, teenage mothers, women of low socioeconomic status, and military mothers are up to four times more likely to experience a perinatal mood and anxiety disorder; and

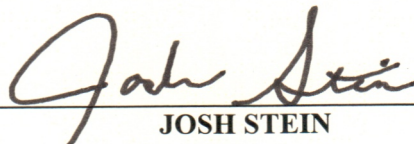
WHEREAS, many at-risk women may not seek help because they are not informed about perinatal mood and anxiety disorders as part of their health care due to lack of knowledge for screening and assessment tools, treatment, and community support services; and

WHEREAS, maternal health is essential for women and families of all backgrounds; and collectively supporting maternal mental health can help improve the availability and access to effective treatment, prevention, and support services to support better and more equitable outcomes for all; and

WHEREAS, the State of North Carolina encourages collaboration with local and national coalitions, organizations, and agencies to facilitate increased awareness and education about maternal mental health;

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim May 6, 2026, as “**NATIONAL MATERNAL MENTAL HEALTH DAY**” in North Carolina and commend its observance to all residents.





JOSH STEIN
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-seventh day of April in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fiftieth.