



**STATE OF TEXAS  
OFFICE OF THE GOVERNOR**

All parents will agree that having a child is a true blessing. While the stresses that come with the joys of parenting are normal, unfortunately, many mothers experience more serious mental health challenges during and after pregnancy, such as anxiety or depression.

Following the 84<sup>th</sup> Legislative Session, I was pleased to sign House Bill 2079, designating May as Postpartum Depression Awareness Month. This month will be dedicated to educating the public about maternal mental health and the resources available to new mothers struggling with anxiety, depression and other conditions.

In my budget for the 2016–2017 biennium, I proposed additional funding to provide screenings and treatment for postpartum depression to women’s health services for low-income women. By raising awareness and increasing the likelihood of early detection, we can help women from all walks of life.

At this time, I encourage all Texans to learn more about this important issue. Together, we can work toward a brighter future for the Lone Star State.


Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2016 to be

## **Postpartum Depression Awareness Month**



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 21<sup>st</sup> day of April, 2016.

  
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Governor of Texas