

Date of Hearing: May 11, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
ACR 198 (Patel) – As Introduced May 5, 2026

SUBJECT: Maternal Mental Health Awareness Month.

SUMMARY: Proclaims May 2026 as Maternal Mental Health Awareness Month. Specifically, **this resolution** makes the following legislative findings:

- 1) In the United States, maternal depression is the most common complication of pregnancy, yet also one of the most underdiagnosed obstetrical complications in the country. Maternal mental health disorders encompass a range of mental health conditions, such as depression, anxiety, obsessive-compulsive disorder, bipolar disorder, and postpartum psychosis.
- 2) Maternal mental health affects about one in five women during or after pregnancy, but all women are at risk of suffering from maternal mental health disorders. Specifically, in California, one in three mothers suffers from pregnancy-related depression or anxiety.
- 3) Fewer than 15 percent of identified cases of maternal mental health disorders are treated as a result of the shortage of screening providers who are available or able to provide necessary treatment, and also as a result of personal, structural, and systemic barriers within the health care system.
- 4) Untreated maternal mental health disorders cause adverse birth outcomes, impaired maternal-infant bonding, poor infant growth, childhood emotional and behavioral problems, and significant medical and economic costs.
- 5) Lack of understanding and the continual social stigma of mental health disorders prevent women and families from understanding the signs, symptoms, and risks involved with maternal mental health and disproportionately affect women who lack access to social support networks.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

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