

FOR IMMEDIATE RELEASE:

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## **County Executive Mangano Proclaims May as Perinatal Mood Disorders Awareness Month**

**Ask the question... hear the answer...  
and let her know she's not alone**

**Mineola, NY** – Nassau County Executive Edward P. Mangano is proclaiming May as Perinatal Mood Disorders Awareness Month in Nassau County. In addition to celebrating Mothers Day in May, this proclamation will increase public awareness of the challenges that new mothers often face as a result of depression, and will focus on the help that is available to them.

"I am proud to declare May as Perinatal Mood Disorders Awareness Month in Nassau County," said County Executive Mangano. By promoting awareness to this serious disorder, we can better support and assist new mothers and their families in Nassau County."

Perinatal mood disorders (PMD) is not "just the baby blues." Women suffering from PMD have symptoms of depressed mood or decreased interest in activities most of the day nearly every day for at least two weeks. Women need to be aware that depression in pregnancy is common, might affect the baby, can be treated, and that they are not alone.

Perinatal mood disorders (PMD) can begin anytime up to twelve months after delivery and is the most common complication related to childbearing. Perinatal depression affects how a woman is able to relate to others, especially her baby. This is a major public health concern affecting 10-15% of all women and up to 40% of women living in poverty. Within Nassau County there are at least 3,500 families affected by a PMD each year.

The Nassau County Department of Health Perinatal Services Network, in partnership with the Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities Services, Mental Health Association of Nassau County, North Shore-Long Island Jewish Health System, the Postpartum Resource Center of New York and United Health Care of Long Island hosted a campaign kick-off event on Friday, May 11, 2012. The overall goal of the campaign is to create a safety net by working together to improve the recognition and treatment options for all women experiencing PMD. The "Ask the Question" campaign encourages those who are in contact with a new Mom to ask how they are doing, how they are coping....giving the new mom permission to say they need help, to give them hope and to let them know they are not alone.

For more information, call the Nassau County Department of Health Perinatal Services Network at 516-227-9422 or go to the Postpartum Resource Center of New York website at

[www.postpartumny.org](http://www.postpartumny.org)