

CURRAN PROCLAIMS MAY AS PERINATAL MOOD & ANXIETY DISORDERS MONTH

Mineola, NY – Nassau County Executive Laura Curran is proclaiming May as Perinatal Mood and Anxiety Disorders Awareness Month in Nassau County. As we celebrate Mother’s Day in May, this proclamation will assist in raising awareness of the challenges that many new mothers face because of experiencing a perinatal mood and anxiety disorder (PMAD).

“I am proud of the outstanding work and the continuing efforts of the Nassau County Perinatal Services Network in raising awareness of Perinatal Mood and Anxiety Disorders,” said County Executive Curran. “The dome of the Theodore Roosevelt Building was illuminated on May 8th in support of new mothers and their families, and to promote public awareness of this serious disorder.”

“The Department of Health is proud and honored to support this initiative with the Nassau County Perinatal Services Network,” said Health Commissioner Dr. Lawrence Eisenstein. “Our collaboration with the Perinatal Services Network contributes to significant impacts on health outcomes in Nassau County, particularly in communities of need.”

PMAD is the most common complication of pregnancy, affecting one in every 8 to 10 women during the perinatal period, which includes the entire period of pregnancy up to one year after delivery. This major public health concern affects at least 3,500 families in Nassau County.

While the exact cause is unknown, contributing factors may be biological, psychological, or hormonal. Family and friends can play an important role by recognizing the warning signs of PMAD, providing support and helping the woman to seek help. The warning signs may differ among women, but common symptoms include the following:

- Trouble sleeping or sleeping too much
- Changes in appetite
- Feeling irritable, angry, nervous or exhausted
- Not enjoying life as much as in the past
- Lack of interest in the baby or feelings of being a bad mother
- Lack of interest in friends and family
- Feeling guilty, worthless or hopeless
- Crying uncontrollably or trouble concentrating
- Thoughts of harming the baby or harming herself

The Nassau County Perinatal Services Network supports the “Ask the Question” campaign. 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. The overall goal is to create a safety net by working together with healthcare providers to improve the recognition and connect with treatment options.

Help is available for all women in Nassau County. For additional information on PMAD or the “Ask the Question” campaign, call the Nassau County Perinatal Services Network at **(516) 227-9422**.