

DURHAM BOARD OF COUNTY COMMISSIONERS

*Proclamation*

**MATERNAL MENTAL HEALTH MONTH AND BLACK MATERNAL HEALTH DAY OF ACTION |  
2026**

- WHEREAS,** mothers give life to our communities and continue to be a monumental force in human existence, advancement, and wellbeing, and we celebrate all who embody the role of motherhood; and
- WHEREAS,** one in five mothers experience mood and anxiety disorders during pregnancy or the postpartum period, impacting not only their own health but also the health and stability of their children, families, and communities; and
- WHEREAS,** the month of May is nationally recognized as Maternal Mental Health Month, a time to raise awareness, reduce stigma, and advocate for comprehensive perinatal mental health services for all birthing people; and
- WHEREAS,** we recognize the intersection of maternal and mental health, and acknowledge health disparities that disproportionately affect Black mothers, Indigenous mothers, mothers of color, as well as transgender and gender-expansive parents, who face disproportionate barriers to quality care and wellness; and
- WHEREAS,** we uplift and affirm community-rooted responses that honor diverse cultural practices and expand access to holistic, respectful maternal care—such as doula and midwifery services, peer and mental wellness supports, and mutual aid efforts that strengthen families and improve outcomes; and
- WHEREAS,** women and birthing people deserve safe, empowered, and beautiful birth experiences, with equitable access to the information, support, and care of their choice; and
- WHEREAS,** a group dedicated individuals who work tirelessly to advance maternal and mental health equity will be visiting our state legislators on June 10th to urge they pass legislation to address and diminish maternal health disparities and improve Black Maternal Health; and
- WHEREAS,** we know that meaningful action and sustained investment are needed to improve maternal and mental health outcomes for all families in our community and beyond.

**NOW, THEREFORE BE IT RESOLVED,** I, Dr. Mike Lee, Chair and on behalf of the Durham Board of County Commissioners, do hereby recognize May 2026 as Maternal Mental Health Month and proclaim June 10, 2026, as

**“BLACK MATERNAL HEALTH DAY OF ACTION”**

in Durham County.

This 26<sup>th</sup> day of May 2026.

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Dr. Mike Lee, Chair  
Durham Board of County Commissioners

