

Maternal Health – Assessments, Referrals, and Reporting (Maryland Maternal Health Act of 2024)

HB1051

FAV

I support this bill

John McNabb
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Dear members of the committee,

I am a husband who almost lost my wife to postpartum depression with suicidality. I support this bill as it will increase awareness about postpartum complications, and encourage birthing centers to address postpartum concerns with greater diligence.

My wife did not have any complications after our first child. However, after the birth of our second child, she became severely depressed, to the point where she was considering taking her own life. Because we had never experienced such severe depression, and weren't aware of how serious postpartum depression could be, we did not have the support systems in place to effectively combat it.

Fortunately, my wife has since recovered. But it took an inpatient stay 3 months after the delivery, months of trialing medications, and various support programs before finding an effective treatment plan. Part of the reason she is still alive today is because she found a support group through Johns Hopkins for postpartum depression. If new mothers were provided information about such things earlier in their pregnancy, they'd be able to protect themselves with support and preventative measures before it becomes too late. And maybe as more information is collected about postpartum concerns, more support groups will be made available to protect new parents and help them help each other.

My hope is that this bill will pass, and new parents would be provided with the resources and information they would need to address postpartum complications, especially concerning mental health. Ultimately, this will help keep more parents alive and more families intact.

Thank you for your time and consideration.