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The Honorable Pamela Beidle  
Senate Finance Committee  
3 East Miller Senate Office Building  
Annapolis, Maryland 21401

Testimony of Trans Maryland

**IN SUPPORT OF**

**SENATE BILL #411: Health Insurance - Postpartum Depression Screening -  
Required Coverage and Authorized Cost Sharing**

To the Chair, Vice Chair, and esteemed members of the Senate Finance Committee:

Trans Maryland is a multi-racial, multi-gender community power-building organization for Maryland's trans community. Trans Maryland believes in protecting the rights of all Marylanders, particularly transgender community members, to access safe, inclusive, and appropriate healthcare, including access to efficacious treatments for mental health issues such as postpartum depression.

Postpartum depression, like many medical issues, disproportionately affects marginalized groups who are more likely to experience difficulty with finding and maintaining access to healthcare services. This includes transgender Marylanders, who not only struggle to find affirming providers, but also deal with societal discrimination and expectations around gender roles.

At present, only a minority of mothers experiencing postpartum depression seek treatment for the condition, with many reporting that feelings of guilt and shame or worries about appearing to be a bad mother prevented them from seeking help. On top of this, transgender and nonbinary parents also often struggle with dysphoria, discrimination, and worries about denials of parental rights that their cisgender peers, making them even less likely to seek care. Indeed, given the treatment many transgender men have experienced while obtaining gynecological care, far too many expect the experience of seeking care for postpartum depression to be even more traumatic than the condition itself.

By routinizing postpartum depression screens—and ensuring that they are paid for by insurance plans—Senate Bill 411 helps to ensure that those most at-risk of postpartum depression, including transgender birthing parents, are given the same opportunity for care as everyone else. For this reason, we urge a favorable report.