

**Hearing 2/27 at 1:00 p.m.
Senate Finance Committee**

**Health, Health Insurance, and Health Occupations - Perinatal Mental Health Conditions
(SB 891)**

Position: Favorable

February 25, 2026

Chair Beidle and members of the Senate Finance Committee,

My name is Sara Daly, and I am a Maryland resident writing this letter in strong **support** of SB 891: Health, Health Insurance, and Health Occupations - Perinatal Mental Health Conditions. This bill would expand perinatal mental health screenings and require patient and provider training related to perinatal mental health. In short, this bill will save lives.

In addition to being a mother of two (now adult) children in Maryland, I am a social worker who – for the past 15+ years – has dedicated myself and my work to the areas of maternal and perinatal mental health. I am passionate about supporting families as they seek to understand and recover from perinatal mental health conditions – as well as about raising awareness and training other providers about the importance (and the specifics) of supporting families during perinatal transitions. I see on a daily basis the significant pain and turmoil caused by perinatal mental health conditions; I also know these conditions are highly treatable and can often be prevented or mitigated – with the appropriate infrastructure and resources in place. Amazingly, in the past several years I have had the honor to witness and support wonderful growth in the local interest and expertise needed to address these reproductive mental health conditions effectively (for example: growing public health awareness, increased efforts to train providers to recognize and treat these conditions, and efforts to streamline both referral pathways and treatment options); however stigma, inconsistent and/or poorly-executed screening-efforts, and significant demands on providers to ‘do more with less’ continue to prohibit scores of struggling women and their families from being identified and connected with adequate supports.

SB 891 would begin to address significant gaps in the screening and treatment of perinatal mental health conditions in Maryland – providing incentive and infrastructure to make this a routine part of medical care during and after pregnancy. By improving screening access and systemic support for reproductive mental health concerns, this legislation has the potential to dramatically shift and improve prevention, early intervention, and coordinated care in our state – strengthening Maryland’s maternal health infrastructure, and ultimately saving lives.

Moms, families, and communities in Maryland would greatly benefit from the passage of this bill. As such, I ask for a favorable report.

Sincerely,

Sara Daly