

**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

Chair Beidle and members of the Senate Finance Committee,

My name is Arielle Mir and I write 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.

I live in Silver Spring, MD and I am the mother of two boys who are ten and thirteen. As I navigated the physical, mental, and emotional transition to motherhood - both times - I often felt alone and undersupported. This was challenging for me, but for moms with perinatal mood disorders, this time can be extremely dangerous.

I rise in support of this bill for my friends, my sisters, and all the moms in Maryland who deserve the support. Perinatal mental health screenings - and the accompanying training - are a small and critical way to ensure it happens.

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

Sincerely,

Arielle Mir
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