

March 13, 2026

Chair Bagnall, Vice Chair Cullison, and distinguished members of the Health Committee,

NAMI Maryland and our 11 local affiliates across the state represent a network of more than 60,000 families, individuals, community-based organizations, and service providers. NAMI Maryland is a 501(c)(3) non-profit dedicated to providing education, support, and advocacy for people living with mental illnesses, their families, and the wider community.

The journey to parenthood is an exciting experience filled with joy, love, and growth, yet it can also be a time of significant stress, anxiety, and emotional upheaval. The profound changes associated with pregnancy, childbirth, and caring for a newborn can take a heavy toll on mental health. In the United States, 500,000 pregnant women experience a mental health condition each year, either before or during pregnancy. Despite the prevalence of these conditions, as many as 75% of pregnant individuals with mental health symptoms do not receive treatment.

Recognizing that access to quality, equitable care is a critical determinant of mental health, we strongly support HB1118.

By enacting HB1118, Maryland can lead the way in ensuring that the "emotional upheaval" of new parenthood is met with robust clinical support rather than silence.

For these reasons, we urge a favorable report.

Stephanie Slowly-Little
Executive Director
National Alliance on Mental Illness, Maryland

Contact: Morgan Mills-DiEnno
Compass Government Relations
Mmills@compassadvocacy.com