

**Hearing 3/13 at 1:00 p.m.
House Health Committee**

**Health, Health Insurance, and Health Occupations – Perinatal Mental Health Conditions
(HB1118)**

Position: Favorable

Chair Bagnall and members of the House Health Committee,

My name is Annie Conderacci, and I write in strong support of HB1118.

I am a mother of two smart, silly, beautiful children, now four and two years old. Before having my children, I read every birthing and baby book, listened to every pregnancy podcast, and assembled an extensive care team of doulas, midwives, and doctors. My cousin is a nurse-midwife, and one of my best friends is a neonatologist. I had every bit of education available and access to great care—and still, the postpartum period hit me in ways I did not expect.

While I'm certainly biased, I gave birth to two perfect babies. They were healthy. I was healthy. What more could I ask for? I had no reason to be anything other than happy. And yet, within days postpartum, as sleepless nights and hormonal shifts set in, I began to experience relentless intrusive thoughts. Hypervigilance became anxiety and panic attacks. Ordinary moments with my baby—walking down the stairs, preparing dinner, pushing a stroller along a busy road—were suddenly accompanied by terrifying, violent images I could not control. Without warning, a scene from a horror movie would flash in my brain and take me out of precious moments of peace or rest.

With my first baby, I genuinely thought I was going crazy. I had never heard intrusive thoughts discussed in postpartum care, and I didn't know that what I was experiencing was both common and treatable.

Because I eventually received informed, compassionate care, I got the help I needed until the symptoms passed. When I had my second child, I knew what to expect and I sought help earlier. I suffered less—but the intrusive thoughts still came. Knowing what was happening made a profound difference, but it did not make me immune.

Pregnancy and the postpartum period are times of profound physical, emotional, and social change. Yet too often, mental health concerns during this period are overlooked, minimized, or missed entirely. Many parents do not realize what they are experiencing is a medical condition, and many providers lack the time, training, or systems to identify warning signs early.

Too many parents suffer in silence—unsure whether what they are experiencing is “normal,” afraid to speak up, or simply never asked the right questions at the right time. Expanded screening and better provider training can be the difference between quiet suffering and timely, life-saving care. Healthy parents—mentally and physically—mean healthy babies.

This bill reflects a simple but powerful truth: early recognition saves lives. SB 891 helps ensure that parents are seen, heard, and supported during one of the most vulnerable moments of their lives.

For these reasons, I respectfully urge a favorable report on SB 891.

Sincerely,

Annie Conderacci
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