

Hearing 3/13 at 1:00pm
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 Catherine Holland, and I write this letter in strong support of HB1118, 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.

My daughter, after recently having kids, suffered from depression and severe anxiety to the point she would not leave the house at times. Having a brother with mental illness all of my life, I have seen firsthand the frustration, lack of help, dismissiveness to those in need, and general carefree attitude to this disease. Yes, I call it a disease because it robs the mind of what should be a more normal life than what is trapped inside your head. I could go on and on but there isn't enough time in the day to share my thoughts with you. This bill is of the utmost importance in helping young mothers, especially, to learn the signs and get the help needed for them if the need arises. So many new mothers have no idea what is going on after they have a baby and it is so important that they get the help and care that they need to live their lives and to help take care of their baby.

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

Thank you for listening.

Sincerely,

Catherine Holland

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