



Canada
Province of British Columbia
A Proclamation

ELIZABETH THE SECOND, by the Grace of God, of the United Kingdom,
Canada and Her other Realms and Territories, Queen, Head of the
Commonwealth, Defender of the Faith

To all to whom these presents shall come – Greeting

WHEREAS perinatal depression and anxiety are serious illnesses that impact the quality of life of many women, parents and families during pregnancy and after the birth of a child, and are the most common complications experienced after childbirth, and

WHEREAS perinatal depression and anxiety can affect not only women of every ethnicity, race, age, sexuality, ability, income level and educational level, but also adoptive parents, partners and parents of other genders, including fathers, and

WHEREAS the mental health of parents is vital to the well-being of their infants, children, families and communities, and

WHEREAS perinatal anxiety can occur at the same time as depressive symptoms or on its own, and untreated perinatal depression and anxiety can have serious consequences for the cognitive, emotional and behavioural development and well-being of infants and children, and

WHEREAS the government of British Columbia recognizes the profound effects of these illnesses on women, parents, infants, children and families; acknowledges that perinatal depression and anxiety can be successfully treated; and is committed to early recognition, diagnosis, treatment and follow-up care for women, parents and families affected by perinatal depression and anxiety in this province, and

WHEREAS Perinatal Depression and Anxiety Awareness Month is an opportunity to increase awareness of these serious illnesses and to address the stigma that can be a barrier to seeking effective support and care;

NOW KNOW YE THAT We do by these presents proclaim and declare that January 2021 shall be known as

“Perinatal Depression and Anxiety Awareness Month”

in the Province of British Columbia.

IN TESTIMONY WHEREOF, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

WITNESS, The Honourable Janet Austin, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this twenty-third day of December, two thousand twenty and in the sixty-ninth year of Our Reign.

BY COMMAND.

Attorney General and
Minister Responsible for Housing
(counter signature for the Great Seal)

Lieutenant Governor