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CONTACT:

Brianna Wilson, General Manager of
Marketing Communication
937-322-0648 ext. 113 or 608-469-8428
brianna@mhrb.org



MHRB: Mother’s Day a Celebration For Some, Challenging Times For Others

SPRINGFIELD, OH (May 6, 2021) – This Mother’s Day, Mental Health Recovery Board of Clark, Greene & Madison Counties (MHRB) is honoring all mothers and others who fulfill this special role. MHRB encourages all to show appreciation for the mother figures in our lives by better understanding their capacity for love, as well as the contemporary demands and societal strain with their roles.

“Motherhood is a gift and an honor, yet the mental health of mothers also commonly brings exhaustion, guilt and work-family pressures. For many people, the yearning for motherhood can be a source of pain or make child loss feel more profound,” said Dr. Greta Mayer, CEO of MHRB. “Mother’s Day carries expectations for mothers of all stages and backgrounds, which in itself can be a heavy burden. We recognize those who are struggling on Mother’s Day, for any reason, and are here to support you.”

For bereaved parents, Mother’s Day can trigger past trauma from unexpected child loss. Approximately 10-25 percent of all clinically recognized pregnancies end in pregnancy loss (including miscarriages or stillborn babies), according to national studies compiled by the American College of Obstetricians and Gynecologists. Despite its common occurrence, loss of pregnancy can carry stigma in addition to the grief of losing a child. Often, the experience of pregnancy loss is unacknowledged, which can prolong or deepen feelings of guilt and shame.

Negative stigma or expectations also can prevent mothers from seeking help for postpartum depression and post-traumatic stress disorder, despite nearly one in seven mothers experiencing some form of trauma or depression following childbirth (American Psychological Association).

“Pregnancy loss, trauma and post-partum depression are common experiences and are often unexplained, but that fact does not diminish the pain or significance of such an intimate event such as growing a child. Finding trauma-informed support for your particular situation is the first step to peace and healing,” said Mayer.

According to the American Counseling Association, the following are warning signs of maternal mental health concerns:

- Extreme feelings of anger, irritation or sadness that can come without warning
- A feeling of foginess or difficulty completing basic tasks
- Going through day-to-day activities and motions in a robotic way

- Acting or feeling overly anxious around children
- A deep sense of guilt or personal failure
- Showing little interest in things they used to enjoy
- Experiencing scary, upsetting thoughts that don't go away

MHRB connects everybody and every family to quality care regardless of their ability to pay. Several MHRB contract care providers specialize in providing support for maternal grief and trauma, as well as family support services.

For assistance finding a care provider, addressing unique needs or general questions, contact MHRB offices during business hours at 937-322-0648, or explore the full provider directory at www.mhrb.org/find-help/.

For more information about mental health and substance use resources in Clark, Greene and Madison counties, please visit the MHRB website at www.mhrb.org.

ABOUT MHRB

Mental Health Recovery Board of Clark, Greene & Madison Counties (MHRB) assists partners, stakeholders, residents, and anyone at risk of mental health or substance use concerns in our three-county area, providing pathways to mental health and addiction services. In collaboration with more than 20 care providers, the board advocates for the mental health needs and facilitates delivery of quality care for all ages, regardless of income or ability to pay.

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