



City of Gahanna

200 South Hamilton
Road
Gahanna, Ohio 43230

Signature

Resolution: RES-0014-2026

File Number: RES-0014-2026

A JOINT RESOLUTION AND PROCLAMATION DESIGNATING MAY 2026 AS "PERINATAL MENTAL HEALTH MONTH" IN THE CITY OF GAHANNA

WHEREAS, the birth of a new baby is a moment of joy and promise, yet it is also a time of profound physical, emotional, and social change for families, as new life reshapes daily rhythms, relationships, and identities; and

WHEREAS, the perinatal period encompasses pregnancy through the first year following childbirth and brings both celebration and vulnerability, with shared responsibility of welcoming and caring for a new child and their parents; and

WHEREAS, perinatal mental health conditions, including postpartum depression and anxiety, affect approximately 1 in 5 mothers—who so often carry the greatest physical and emotional demands of pregnancy, childbirth, and recovery—and also impact fathers, partners, and caregivers, with studies estimating that 1 in 10 fathers experience depression or anxiety during this time; and

WHEREAS, untreated perinatal mental health conditions can have lasting impacts on parents, children, and families, while early identification, compassionate care, and access to support can foster healing, stability, and healthy development; and

WHEREAS, stigma, lack of awareness, cultural differences, and socioeconomic barriers to care often prevent families from seeking or receiving the help they need, underscoring that awareness must be paired with empathy, openness, and action; and

WHEREAS, the City of Gahanna embraces its identity as a community of "villagers," recognizing that while it may take a village to raise a child, it also takes a village to support a family—surrounding mothers, fathers, and caregivers with understanding, practical support, and a shared commitment to their well-being, and reminding us that while the burdens may not fall equally, the journey belongs to all; and

WHEREAS, promoting holistic wellness—including mental, emotional, and physical health for the entire family—is essential to building a thriving, resilient, and connected community;

NOW, THEREFORE, BE IT JOINTLY RESOLVED BY THE COUNCIL AND PROCLAIMED BY THE MAYOR OF THE CITY OF GAHANNA, COUNTY OF FRANKLIN, STATE OF OHIO:

Section 1. That the Council and Mayor hereby recognize May 2026 as Perinatal Mental Health Month in the City of Gahanna; and

Section 2. The City encourages residents, healthcare providers, employers, and community organizations to increase awareness of perinatal mental health, reduce stigma, and support access to resources for mothers, fathers, and families; and

Section 3. We call upon each other to live out our "villager" values by checking in on new and expecting parents, offering support without judgment, and ensuring that families feel seen, supported, and connected during the perinatal period and beyond; and

Section 4. The City reaffirms its commitment to holistic wellness and encourages continued collaboration to

ensure that every family has the opportunity to thrive-not only in welcoming a child, but in sustaining the health and well-being of the entire family unit.

Section 5. That this Joint Resolution and Proclamation shall be in full force and effect at the earliest period allowed by law.

President

Trenton I. Weaver
Trenton I. Weaver

Date

5-4-26

Attest by

Jeremy A. VanMeter
Jeremy A. VanMeter
Clerk of Council

Date

5/4/2026

Approved by the Mayor

Laurie A. Jadwin
Laurie A. Jadwin

Date

5-4-2026

Approved as to Form

Priya D. Tamilarasan
Priya D. Tamilarasan
City Attorney

Date

5-5-26

At a regular meeting of the City Council on May 4, 2026, a motion was made by Bowers, seconded by Padova, that the Resolution be Adopted. The vote was as follows:

Ms. Bowers, yes; Ms. Jones, yes; Ms. McGregor, yes; Ms. Padova, yes;
Mr. Renner, yes; Mr. Schnetzel, yes; Mr. Weaver, yes.