

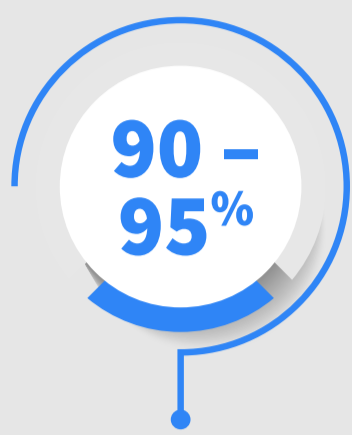
Women's mental health

Mental health concerns affect everyone differently, and women can face unique challenges regarding their wellbeing. Research shows a significant difference between men and women's mental health.

Women are diagnosed with serious mental health conditions at higher rates than men



women in the U.S. experience clinical depression each year¹



of anorexia nervosa sufferers are girls and women²



of women may experience premenstrual syndrome¹

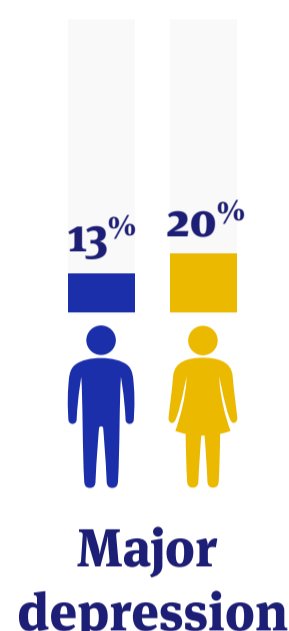
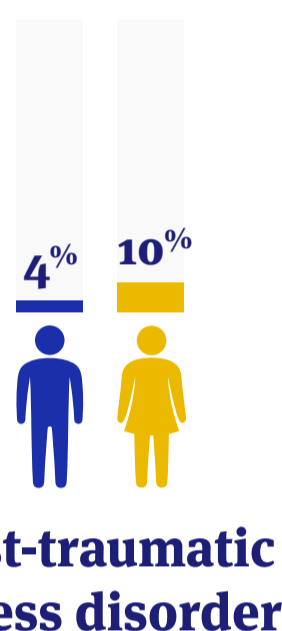
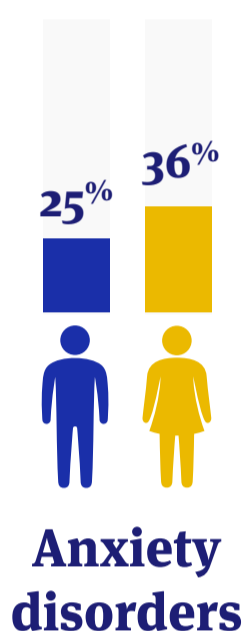
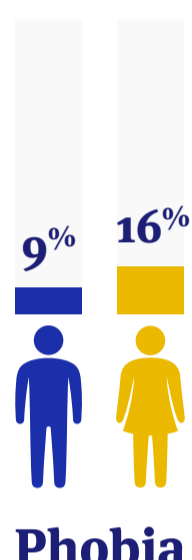


of all new mothers get post-partum depression¹



the suicide rate for women increased twice as much as men from 2021 to 2022⁵

Rates of mental health disorders in women compared to men⁴



Signs and symptoms²



Extremely high and low moods, persistent sadness, excessive fear or worry



Anger, irritability or social withdrawal



Noticeable changes in energy level or fatigue



Difficulty sleeping or sleeping too much



Appetite or weight changes



Aches, headaches or digestive problems without a clear cause



Misuse of substances



Thoughts or behaviors that interfere with work, family or social life



Thoughts of death or suicide or suicide attempts

Coping tips

- ✓ Seek professional support
- ✓ Practice self-care
- ✓ Connect with loved ones
- ✓ Be physically active
- ✓ Eat healthy foods
- ✓ Get regular sleep



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Sources:

- ¹National Institute of Mental Health (NIMH)
- ²Mental Health America (MHA)
- ³Substance Abuse and Mental Health Services Administration (SAMHSA)
- ⁴American Psychiatric Association (APA)
- ⁵Centers for Disease Control and Prevention (CDC)