

# No Shame On U

END STIGMA. SAVE LIVES.

## WOMEN and Mental Health

Women are particularly vulnerable to mental health challenges and are more likely than men to experience:

Anxiety, Depression, Eating Disorders, Obsessive Compulsive Disorder, Panic Disorder, Post-Traumatic Stress Disorder, Suicide Attempts

### Women Face Unique Mental Health Challenges

Depression and anxiety are among the most common complications women may experience during **pregnancy**, up to a year after delivery, and during menopause.

Women do the majority of **unpaid labor** - housework and caregiving of children and older adults; the more this labor is provided, the worse their mental health.

Women are particularly susceptible to **gender-related discrimination** and unconscious negative biases; such experiences are associated with increased anxiety and depression.

Women are more likely to experience interpersonal **trauma**, including domestic violence and sexual assault, which is associated with long-lasting mental health struggles.

### Barriers to Mental Health Care for Women Discourage Treatment

There are many barriers to mental health care that may discourage all people from accessing treatment. Women are especially impacted by:

#### Stigma of Mental Illness

Negative attitudes towards people living with mental illness or those seeking help

#### High Cost of Care

Lacking health insurance due to cost of premiums, poor insurance coverage, or inability to pay out-of-network providers

#### Inadequate Time

Caregiver responsibilities or work practices that do not promote taking time off to care for oneself

#### Scarcity of Options

Underserved geographic areas or shortages of qualified mental health providers

*While it might seem difficult, women should prioritize their mental health; when they do, it also benefits the mental health and well-being of those around them.*

For more information about how to support those struggling with their mental health, please visit [www.noshameonu.org](http://www.noshameonu.org).

This resource is for educational purposes only and is not a substitute for professional advice, diagnosis, or treatment.



[www.noshameonu.org](http://www.noshameonu.org)