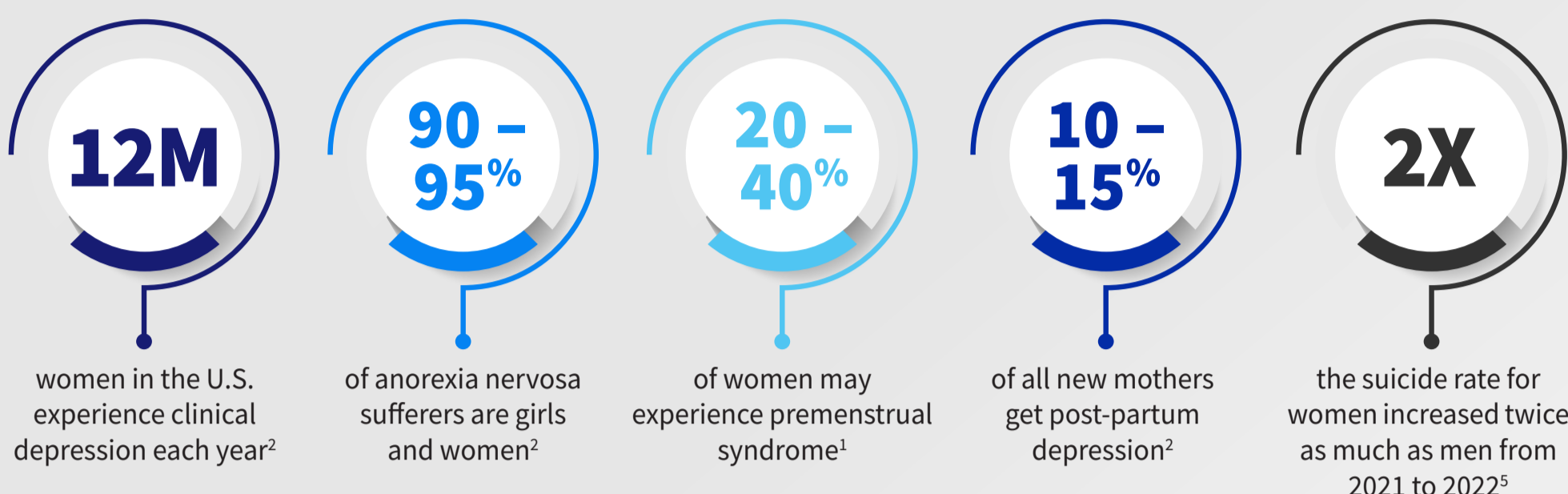


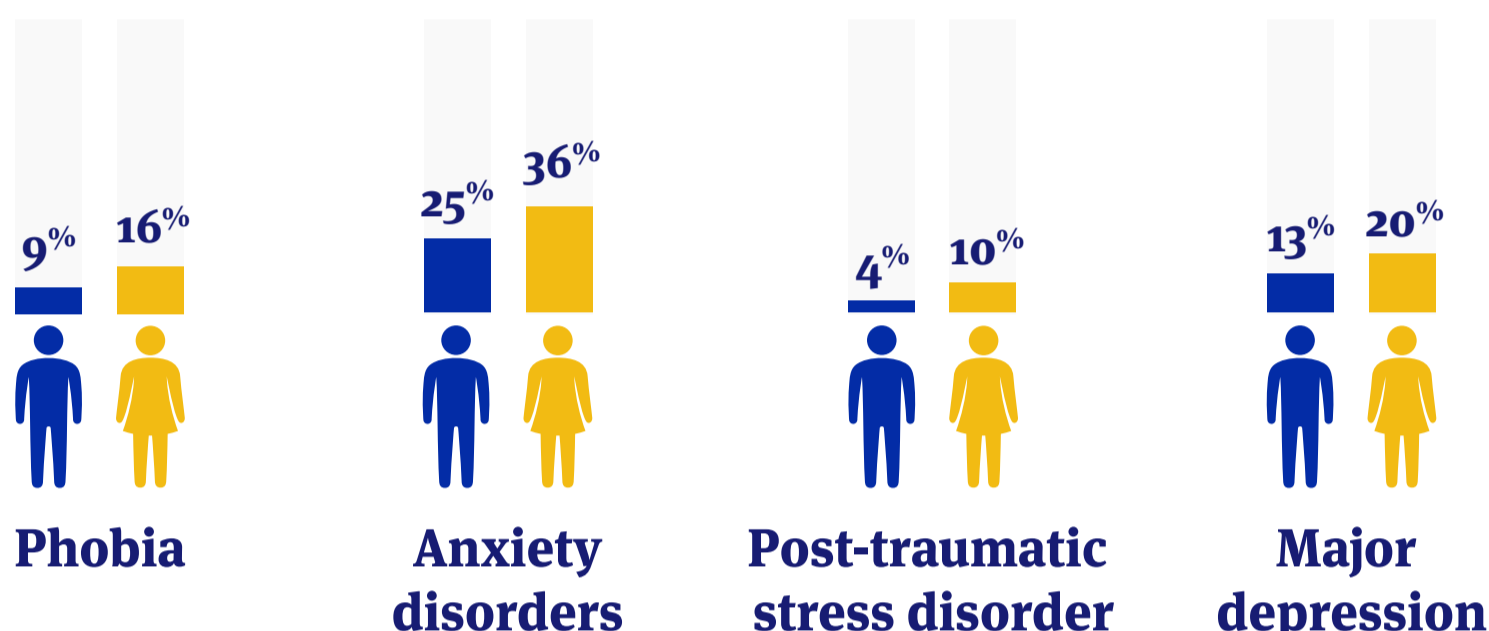
# Women's mental health

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



## Rates of mental health disorders in women compared to men<sup>4</sup>



## Signs and symptoms<sup>2</sup>

- 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



[www.1in5.info](http://www.1in5.info)

**Sources:**  
<sup>1</sup>National Institute of Mental Health (NIMH)  
<sup>2</sup>Mental Health America (MHA)  
<sup>3</sup>Substance Abuse and Mental Health Services Administration (SAMHSA)  
<sup>4</sup>American Psychiatric Association (APA)  
<sup>5</sup>Centers for Disease Control and Prevention (CDC)