

Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental health problem such as depression, post-traumatic stress disorder, or an eating disorder.¹

More than **twice** as many women as men have been diagnosed with **anxiety**.¹

Women are almost **twice** as likely as men to experience **depression**.¹



Tips

Take time for yourself with activities you enjoy like dancing, reading, or talking with friends!



- ✓ Yoga can lower stress while helping with anxiety, depression, or insomnia.²
- ✓ Reach out to friends and family for help when you need it.
- ✓ Call 1-800-662-4357 for confidential treatment referral and information on mental health and substance abuse.

Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:



- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for depression or alcohol and tobacco use
- ▶ Discuss whether you should consider medicine, therapy, or other treatments for mental health and substance use disorders
- ▶ Set health goals, such as being active and maintaining a healthy weight

- ▶ For support and help finding mental health services near you, visit findtreatment.samhsa.gov.
- ▶ Learn more about mental health at nimh.nih.gov or mentalhealth.gov.
- ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources

¹www.samhsa.gov/data/sites/default/files/NSDUH-DR-N2MentalDis-2014-1/Web/NSDUH-DR-N2MentalDis-2014.htm

²www.nccih.nih.gov/health/yoga/introduction.htm