



Tip sheet Women Common issues

According to statistics, at least twice as many women as men are struck by mental health conditions. Most common among these are depression, anxiety, panic disorder, post traumatic stress disorder (PTSD) and relationship issues. Stigma often prevents women from seeking treatment for their mental health issues, which can lead to a worsening of present problems, and the emergence of others.

Risk Factors

- Domestic violence.
- Postpartum depression.
- Child sexual abuse.
- Sexual harassment.
- Rape.
- Suicide: women attempt to take their lives three times as often as men.



Barriers

- Stigma: derogatory use of words like hormonal or crazy.
- Guilt and shame: being blamed or blaming themselves.
- Overcommitment and fatigue.
- Fear of discrimination at work, amongst friends and other positions of trust in the community.
- Fear of children being removed from mother's care.
- Cost of treatment.
- Self-medication: use and misuse of alcohol and/or drugs (both legal and illegal).
- Difficulty navigating the health care system and processes.
- Generational differences: lack of support and understanding.



Reach out

- Talk to your doctor if you are struggling or concerned you may have a mental health condition.
- Stay close to your support network (friends, family, faith community, etc.). Think about joining an online community.
- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Make time for your hobbies and passions: exercise, reading, writing, art, yoga (many women sacrifice their own needs to take care of their children and the home).
- Get plenty of sleep, exercise and eat nutritious meals.



Need more information?

- The Depression and Bipolar Support Alliance: www.dbsaalliance.org.
- BeyondBlue:
www.beyondblue.org.au/who-does-it-affect/women.
- Mind Health Connect:
www.mindhealthconnect.org.au/womens-mental-health.
- Anxiety and Depression Association of America: www.adaa.org.
- The National Alliance on Mental Illness:
www.nami.org
- Pregnancy Tip Sheet.