**Women’s mental health**

March 8 is International Women’s Day. This month, we focus on supporting women’s mental health, through major life transitions and challenges.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article** on coping with infertility  **Featured article** on showing support for a loved one who is struggling with infertility  **Tips** for nurturing the mental health of women  **Interactive guidance** on postpartum depression and anxiety signs and symptoms  **Member training course “**Menopause and mental health**”**  **Manager training resources, including the podcast “**Leaders supporting women’s mental health in the workplace**”** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-US)

**What to expect each month:**

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|  | **Latest topics** — Connect with up-to-date content that focuses on a new topic every month. |
|  | **More resources** — Get access to additional resources and self-help tools. |
|  | **Content Library** — Ongoing access to your favorite content. |
|  | **Support for everyone** — Share toolkits with those you think might find the information meaningful. |