**Women’s mental health**

March 8 is International Women’s Day. This month, we explore meaningful ways to support women’s mental health and wellbeing, and empower the women in your life and around the world.

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| **In this month’s engagement toolkit, you’ll find:****Featured articles** on:* Empowering women in your life
* Raising awareness for women’s mental health around the world
* Accelerating action: The history of International Women’s Day
* How perimenopause can affect your mental health
* Experiencing and coping with eating disorders in midlife

**Interactive worksheet** for appreciating your own value**Podcast** from the “Until It’s Fixed” series on “Figuring out Fertility” **Guide** for women’s health resources**Member training course** “Menopause and mental health”**Manager training resources**, including “How leaders can empower women 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. |