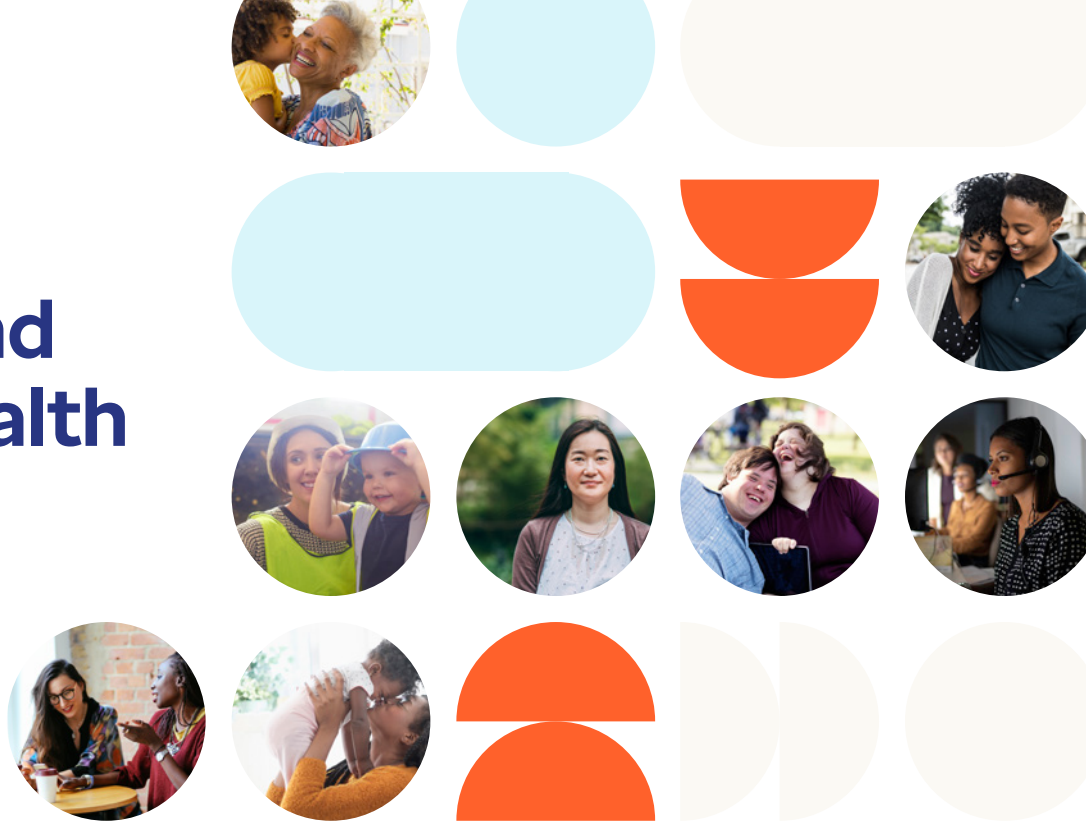




Women and mental health



Mental health is important for everyone. It's part of how we think, feel and act, and it can affect how we interact with others.¹ When we can experience our thoughts and emotions in a healthy way, we can better accomplish our goals and deal with stress.² For many people, however, mental health conditions are part of everyday life. And some, such as depression and bipolar disorder, affect more women than men.³

Mental health conditions aren't a sign of weakness or a character flaw.⁵ They may not always be preventable,² and there's no one cause for them. Family history and genes, life experiences such as trauma and abuse, loneliness, and chemical imbalances in the brain can be contributors.⁵

Most serious mental health conditions can't be cured, but they can be treated so symptoms improve.³ That's why it's so important to watch for signs and know where to get support. It's also important to think about overall mental well-being – not just conditions that can be diagnosed.

1 in 5

women in the U.S. experienced a **mental health condition** in the last year.³

1 in 10

women experience **major depression** in the U.S.⁴



Looking for support?

To find out about the resources available to you, visit [liveandworkwell.com](https://www.liveandworkwell.com).

Overall well-being: Many women are stressed

The past couple of years have been especially tough for women, who as a whole have felt greater impacts from the pandemic than men.

Job loss and economic stress

More women lost jobs during the pandemic because the industries they're more likely to work in, such as service industries, were hit harder.^{6,7} Job loss is stressful, and long-term poverty can have lasting mental health effects. Rates of depression and other mental health conditions are much higher among people living in poverty.⁸

Increased caregiving responsibilities

In married opposite-sex couples, women provide about 60% of childcare⁷ and take on more household responsibilities. With schools closed or operating remotely and many child care programs closed during the pandemic, women took on the majority of the burden. At the same time, fewer women (22%) than men (28%) have jobs that allow remote work.⁷

Many women felt pushed out of the workforce to care for children,⁹ and women of color felt an even greater impact. Asian, Black and Hispanic women were unemployed at a greater rate than white women.⁶ Children weren't the only reason for many women leaving jobs. In the U.S., two-thirds of all caregivers are women, and many have had to care for aging parents or other adults with poor physical or mental health.¹⁰

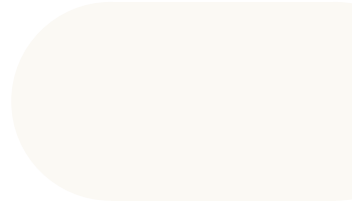
Postpartum depression

Developing depression during pregnancy or after having a baby is common. One in 8 women experience it in the U.S.⁴ Postpartum depression rates vary throughout the U.S., from Illinois (9.7%) to Mississippi (23.5%). Rates are higher among women 19 years or younger, American Indian/Alaska Native women, women who smoke, and women who have experienced intimate partner violence before or during pregnancy.¹¹

For women who gave birth during the pandemic, with extra worries and often friends or family unable to visit, pregnancy and childbirth may have been even more stressful than usual.

In the United States, women are getting mental health care at higher rates than men (25.6% vs. 14.6%), and they are about twice as likely to take medication for a mental health condition.¹² Yet within those numbers, disparities exist. White women are much more likely to receive care than women of color, as are women who live in rural/nonmetro areas.¹²

Mental well-being was certainly affected negatively by the pandemic, but it's an ever-present matter that needs addressing. To ensure that all people get the support they need for mental well-being, we must continue to break down stigma, recognize the symptoms of mental health conditions and ensure that people know how to seek help.



60%

of **childcare** is provided by the women in married opposite-sex couples.⁷

1 in 8

women experience **postpartum depression** in the U.S.⁴





If you're feeling stressed by financial, caregiving, relationship or other personal concerns, or you think you might be experiencing depression, anxiety or another mental health condition, reach out.

Visit **liveandworkwell.com** to find out about the resources available to you. And if you want to chat with others who share your experiences, try the Work Stress or Caregiver communities on the Sanvello app.



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