Women’s Mental Health

Depression is the most common mental health problem for women.

- **12 million** women in the U.S. experience depression each year.
- **10-15%** of mothers get postpartum depression.
- **9%** of women experience postpartum PTSD (posttraumatic stress disorder) following childbirth.

**x2 More**

Women experience depression twice the rate of men.

**x2 As Often**

Men are more likely to die by suicide, but women attempt suicide twice as often.

**x2 As Likely**

Women are twice as likely to have an anxiety disorder.

- **1 in 12** women develop alcohol dependence during their lives.
- **80%** of women with depression feel better with treatment.

**EVERY 3 MINUTES**

A woman goes to the ER for prescription painkiller abuse.

- **4.6 million** adult women misuse prescription drugs.

***Source***

- www.who.int/mental_health/prevention/genderwomen/en
- www.mentalhealthamerica.net/conditions/depression-women
- www.adaa.org/living-with-anxiety/women
- www.who.int/mental_health/prevention/genderwomen/en
- Substance Abuse and Mental Health Services Administration, 2014
- Centers for Disease Control and Prevention Vital Signs, 2013
- National Institute of Health, 1998