

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



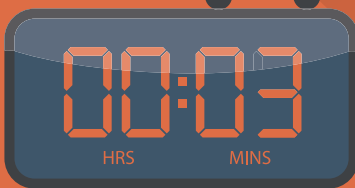
1 in 12

women develop alcohol dependence during their lives



EVERY 3 MINUTES

a woman goes to the ER for prescription painkiller abuse



4.6 MILLION

adult women misuse prescription drugs

80%

of women with depression feel better with treatment.

SOURCE

www.who.int/mental_health/prevention/genderwomen/en

www.mentalhealthamerica.net/conditions/depression-women

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Horton JA: "A Profile of Women's Health in the United States," *The Women's Health Data Book*, 2nd ed., Jacobs Institute of Women's Health, 1995.

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Substance Abuse and Mental Health Services Administration, 2014

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National Institute of Health, 1998