

Women & Mental Health



Coping with Today's Stressors

Women are nearly twice as likely as men to be diagnosed with an anxiety disorder, with a lifetime prevalence of 30.5% compared to 19.2% for men, National Institute of Mental Health (2020), Anxiety Disorders.

Borderline personality disorder (BPD) is more commonly diagnosed in women than men, with one study estimating that up to 75% of those with BPD are women (National Institute of Mental Health).

Helping Yourself

1. **Seek** medical advice
2. **Talk** about your struggles to people you trust
3. Practice self-care and engage in “de-stressing” activities such as exercise, meditation or journaling

Helping Them

- Validate what they are saying
- Ask how you can help
- Be understanding of limitations and realistic about what you can and can't do
- Encourage them to seek expert help
- Reach out to their parent, relative or significant other if you have concerns about their safety.

Familiarize yourself with resources such as:

The National Alliance of Mental Health Disorders

NAMI is the nation's largest grassroots mental health organization that provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. Find your local NAMI and see what services are available in your community: <https://www.nami.org>

The National Institute of Mental Health

The lead federal agency for research on mental disorders. In addition, they provide users with basic information to better understand their diagnosis <https://www.nimh.nih.gov/health/find-help> **1-888-615-6464**

The National Mental Health Hotline

A free confidential 24/7 hotline that can help with a mental health crisis. There are specific hotlines for Anxiety, Depression, Bipolar Disorder, Panic Attacks, PTSD, and Schizophrenia. Additional information is provided within these hotlines to better understand diagnoses and how to help others who are struggling with them. Go to mentalhealthhotline.org to familiarize yourself with their wealth of resources.

National Suicide Prevention Lifeline

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. **1-800-273-talk (8255)**



Suicide and Crisis Lifeline

Designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional. **988**



Inspired by Hannah is a nonprofit organization dedicated to empowering young women to develop personally and professionally. Learn more at www.inspiredbyhannah.org