

Depression in Women

Women are twice as likely as men to experience depression. Know the warning signs and don't hesitate to seek help. **Depression is treatable.**

General signs of depression:



Loss of interest in daily activities



Decreased appetite



Depressed mood



Concentration issues



Decreased energy



Guilt and reduced self-worth



Disturbed sleep

1

These mental health conditions may accompany depression and require treatment:

Anxiety

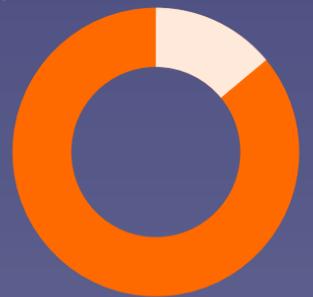
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Eating disorders

3

Substance misuse

10-15% of women experience depression during pregnancy or following birth.



Factors that may contribute to women's risk of depression include

Unequal power and status

Work-related overload

Sexual or physical abuse

Depression, **even severe depression**, is treatable. Talk to your health care provider today.

Need help finding a professional? Questions on depression? Call the Psychological Health Resource Center at **(866) 966-1020**.

