

Women's Mental Health: Get the Help You Deserve

Every year, 1 in 5 women suffer from a mental illness.

Did you know?



Women are twice as likely to be diagnosed with depression, anxiety and PTSD.



Women have greater barriers to access quality mental health care, including childcare, time off work, and transportation.



Women are 65% more likely to be caregivers, leading to excess stress and burnout.



1 in 4 women are likely to experience domestic violence in their lifetime.



Anorexia and Bulimia are 3x more common in women.



1 in 12 women will develop issues with alcohol or substances in their lifetime.



75% of mental health issues in women begin from ages 16-24.

If you are struggling with your mental health, help is available.

In a world where we are more “connected” than any generation before us, women continue to be more overwhelmed, have higher levels of stress, and feel more isolated than ever.

Find A Real Connection.

CALL TODAY—we can help

Call today and talk to a Behavioral Health Expert.

Connect with a counselor for mental health support, find resources for support groups, childcare, or eldercare, seek local support for domestic violence, get coaching for managing stress, and locate financial or legal assistance in your area.