

## Women's mental health

# Have a look at some important facts

ALTHOUGH MENTAL PROBLEMS CAN AFFECT BOTH MEN AND WOMEN, SOME SOCIAL FACTORS CAN INTERFERE MORE AGGRESSIVELY IN WOMEN'S EMOTIONAL HEALTH. THIS IS WHY IT IS VERY IMPORTANT TO KNOW THEM, SO WOMEN CAN PROTECT THEMSELVES BETTER.

### What does the World Health Organization say?

According to the WHO, mental disorders such as depression, anxiety and psychosomatic complaints affect one in three women.

Still according to the organization, depression should be the main cause of disability worldwide this year, and is twice as common in women.

### Mental health in women: Data



- Depressive disorders account for 41.9% of the disabilities of the neuropsychiatric disorders amongst women
- It is estimated that 80% of the people affected by violent conflicts, civil wars, disasters and forced displacements are women and children;
- The lifetime prevalence of violence against women varies between 16% and 50%;
- At least one in five women have suffered rape or attempted rape during their lifetime.



### How to take better care of our mental



1) Keep a good network of family and friendship support. Having help is essential to maintaining good mental health conditions;



2) When identifying any change in mood or symptoms such as sadness and loss of interest in activities that used to give you pleasure, seek professional help;



3) Seek what pleases you. It could be a walk, an outdoor activity, reading a book, watching a movie or any other hobby;



4) Work on your beliefs, regardless of religion. Finding meaning in life helps keep positivity;



5) Take time to be with loved ones;



6) Practice physical activity, because, in addition to helping you keep the body healthy, it contributes to the production of hormones whose release lead to a feeling of inner satisfaction.