

DB/SA TEMPLATE NEWS RELEASE

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For Immediate Release:

Insert Date

Women's Mental Health, What Your Mother Never Told You

City, State abbreviation – The **Insert DB/SA Name** and American Psychiatric Association (APA) are raising awareness about women's mental health during March 2008, which is Women's History Month. HealthyMinds.org, APA's online consumer resource features information on women's mental health concerns, including warning signs of mental disorders, treatment options and preventative measures.

"Mental illnesses can affect women at any time regardless of age, race or income," **Insert DB/SA President or DB/SA spokesperson**. "Women may experience mental illnesses differently than men - some disorders are more common in women, and can express themselves with different symptoms."

Common mental illnesses affecting women are [depression](#), [eating disorders](#), [anxiety disorders](#), [postpartum depression](#), and [bipolar disorder](#).

Did you know?

- 1 in 5 women will experience an episode of major depression during her lifetime.
- 1 in 3 will experience an anxiety disorder.
- Anxiety/panic disorder occurs more often in women than men.
- 85-95 percent of people with anorexia or bulimia are women.
- The risk of PTSD following traumatic experiences is two-fold higher in women than men.
- Women attempt suicide 2-3 times more often as men though four times as many men as women die by suicide.

HealthyMinds.org women's mental health information includes:

- Expert Opinion: Questions and answers about women's mental health
- Free mental health fact sheets
- *Video Testimonials*: Women discussing mental health issues in their own words
- Profiles of influential women psychiatrists

The American Psychiatric Association encourages everyone to learn more about the warnings signs of mental illnesses. A healthy mind is key to having a healthy life. For more information about women's mental health, visit www.HealthyMinds.org or **Insert DB/SA Web site**.

Insert DB/SA Boiler Plate Info.

About the American Psychiatric Association:

The American Psychiatric Association is the nation's leading medical specialty society whose more than 38,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

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