

Wellbeing Wednesday

ISSUE 19: Women's Health



In relation to International Women's day this weeks topic is women's health.

Around one in five women have a common mental health problem, such as depression and anxiety. While there can be many reasons why these develop, some risk factors affect many women. From major life transitions such as pregnancy, motherhood and menopause can create physical and emotional stresses for women. Negative life experiences – infertility and perinatal loss, poverty, discrimination, violence, unemployment and isolation also impact on women's mental health and wellbeing. It's important to remember everyone is different and life events and hormonal changes can affect women's lives in different ways. Please see the link below to view a webinar on women's health and Well being. Don't worry if you cant make the time all webinars are recorded and you can use the same link to view them at a later time



**WOMEN'S
HEALTH**

Let's talk about it