



**Mental Health Wellness For Women**

[www.intimatealtar.org](http://www.intimatealtar.org)

*Intimate Altar Wellness*

## **Statement of Need: United States Mental Health Crisis**

Depression is the most diagnosed mental illness in adult women. **1 out of 3** women have reported suffering from anxiety and depression. There has been a **25%** increase in the prevalence of anxiety and depression worldwide due to Covid-19 pandemic with **11.3%** of women in the United States having no insurance coverage to receive mental health counseling and/or treatment. These statistics highlight the great need to provide safe and supportive environments for women to address their mental health needs and voice their concerns. Women experience a unique set of mental health challenges related to gender violence, discrimination, and cultural expectations. However, with adequate support, women can learn coping strategies and connect with other women who may be experiencing similar challenges all while receiving access to affordable and culturally sensitive mental health services and support.

### **United States Statistics:**

**1 in 3** women have experienced physical or sexual assault which leads to depression.

**51.2%** of women in the United States have reported that they are suffering with the impact that anxiety and depression has made on their lives.

### **Reports of Mental Health Illness related to depression by age:**

**23.7%** of women ages 18-24

**17.7%** of women ages 25-34

**14.6%** of women ages 35-44

**The statistic drastically increase for women 45 and over**

**(Stats: [americahealthrankings.org/mhstats](http://americahealthrankings.org/mhstats); [womenforwomen.org](http://womenforwomen.org); [psychiatrictimes.com](http://psychiatrictimes.com))**

### **Minority reports**

**17.5%** of minority women have reported experiencing anxiety and depression.

Intimate Altar Wellness programs include counseling, support groups, educational workshops, and resources for self-care and stress management. By addressing the overall specific mental health needs of women, together we can help reduce mental health disparities and empower women to lead happier, healthier lives. Our goal is that while women are receiving individual therapeutic counseling, they also will gain the necessary tools and training to equip them to maintain a healthy mentally and emotionally life balance Thereby, decreasing the number of women suffering from depression within the United States.

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