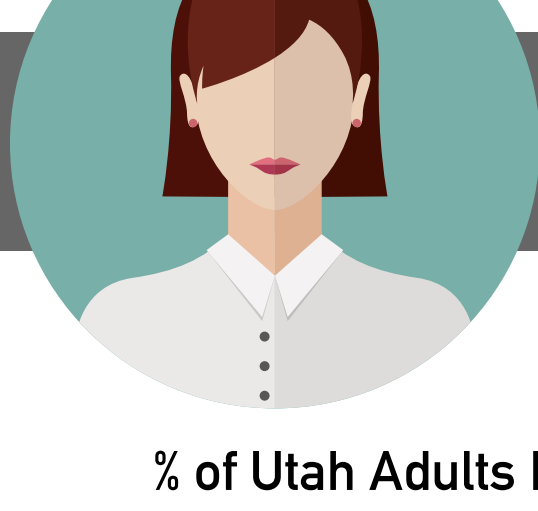
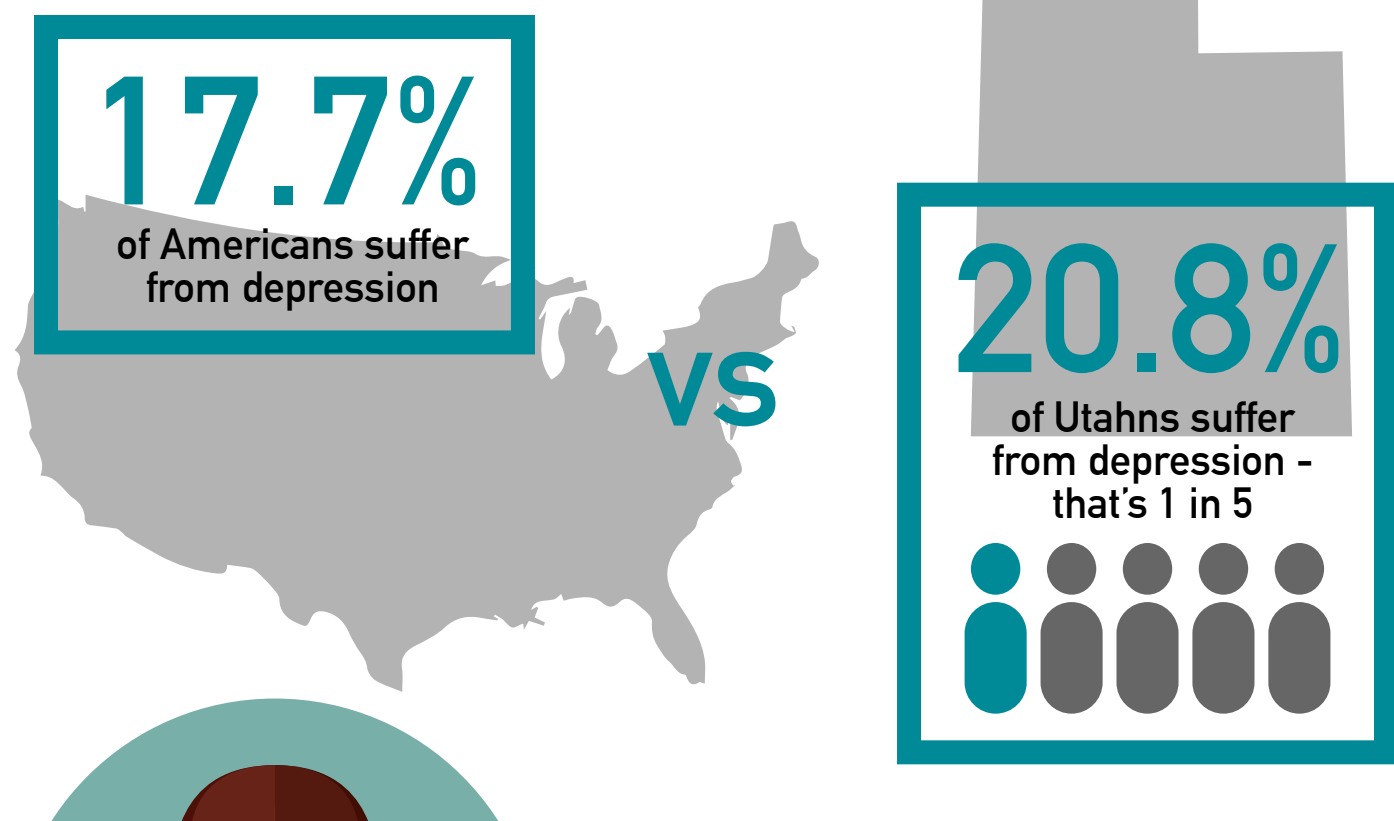




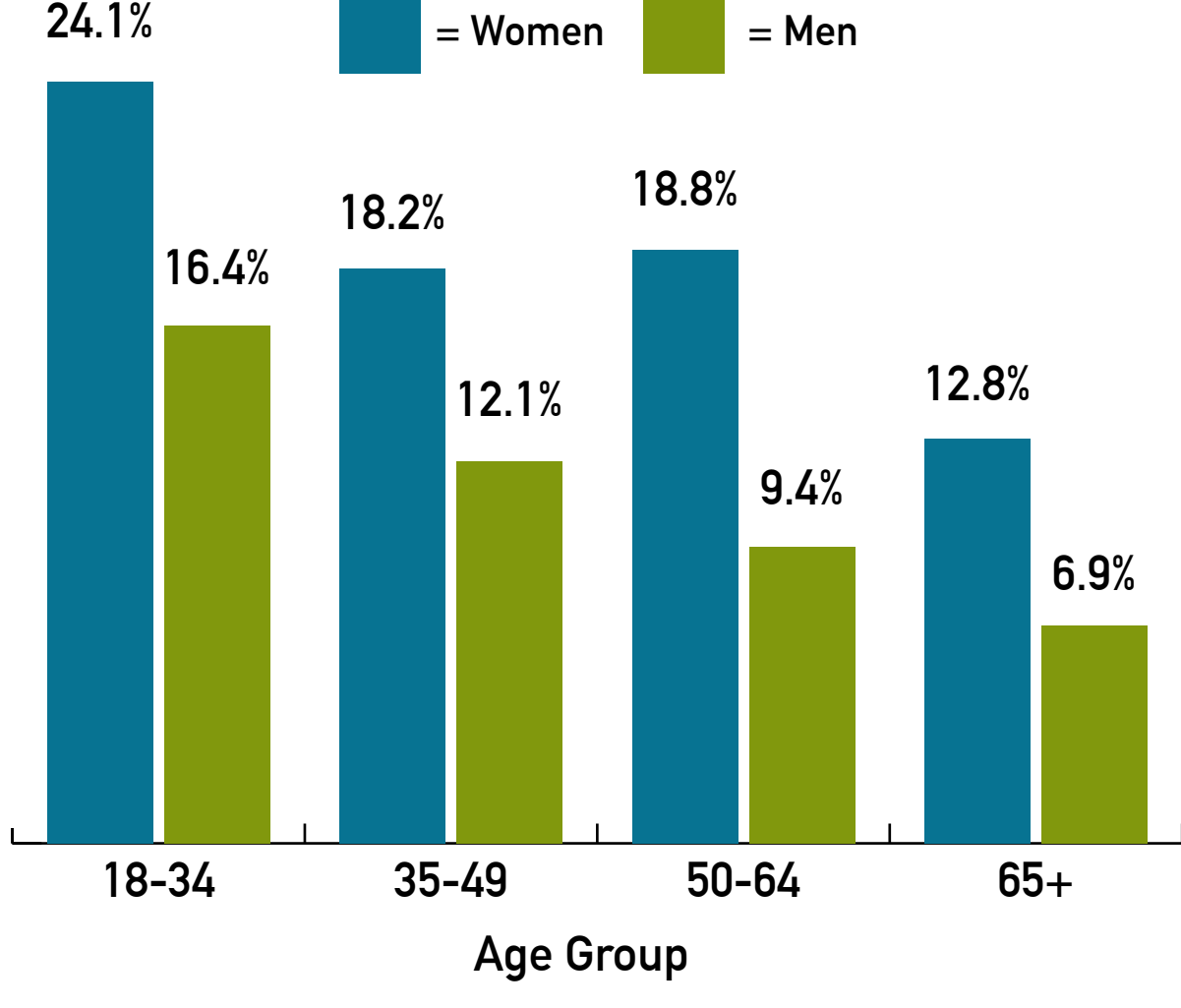
UTAH WOMEN & MENTAL HEALTH

MENTAL HEALTH CONCERNS ARE COMMON IN THE U.S. AND UTAH



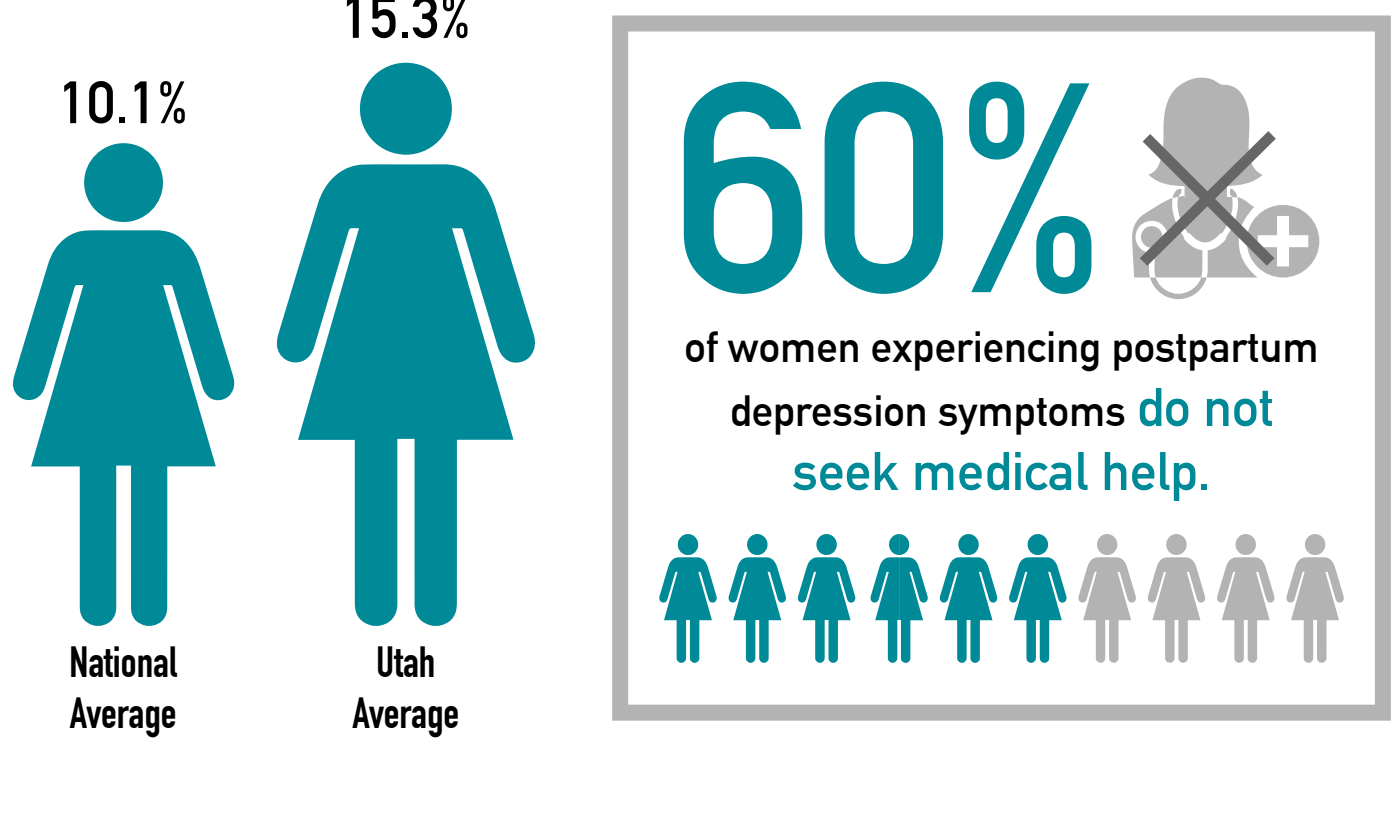
Utah Women suffer from overall mental health issues at much higher rates than men

% of Utah Adults Reporting 7+ Poor Mental Health Days in the Past 30 Days

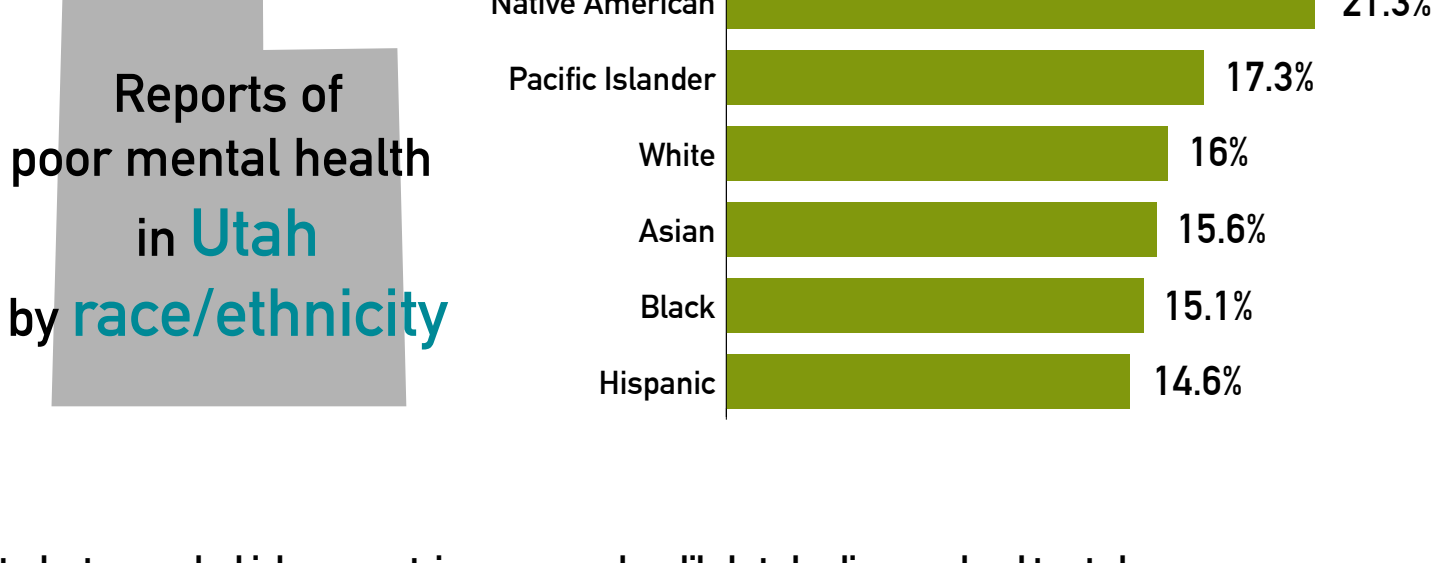


MENTAL HEALTH AND PREGNANCY

Utah Women experience postpartum symptoms at a higher rate than U.S. women.



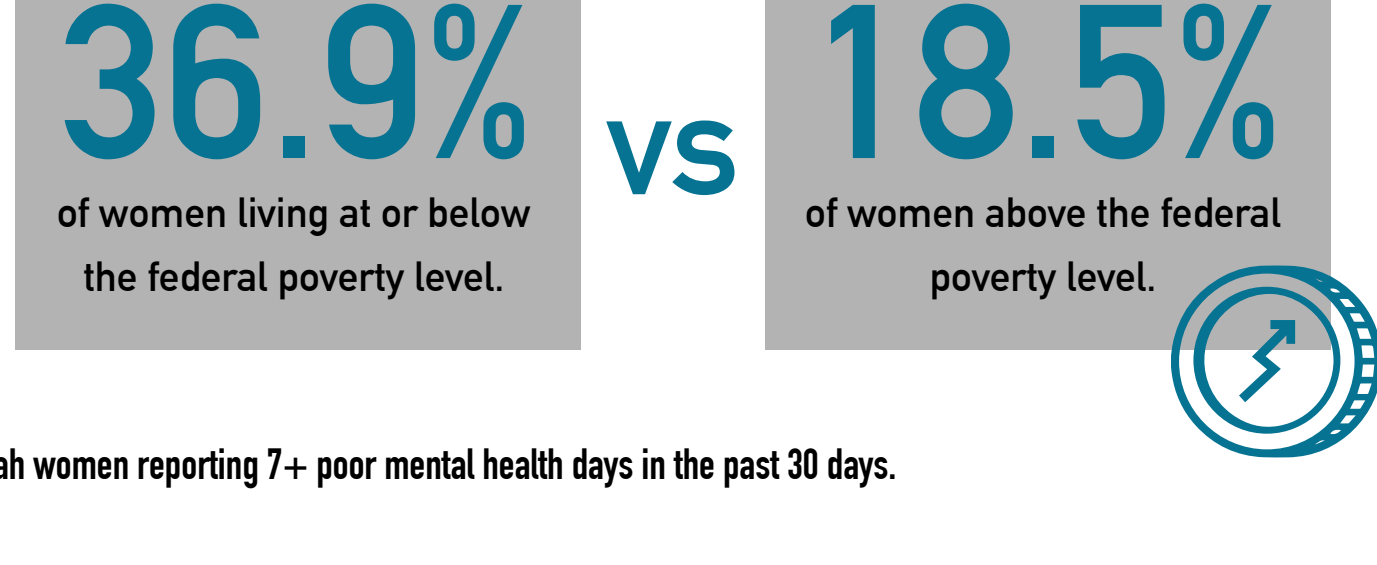
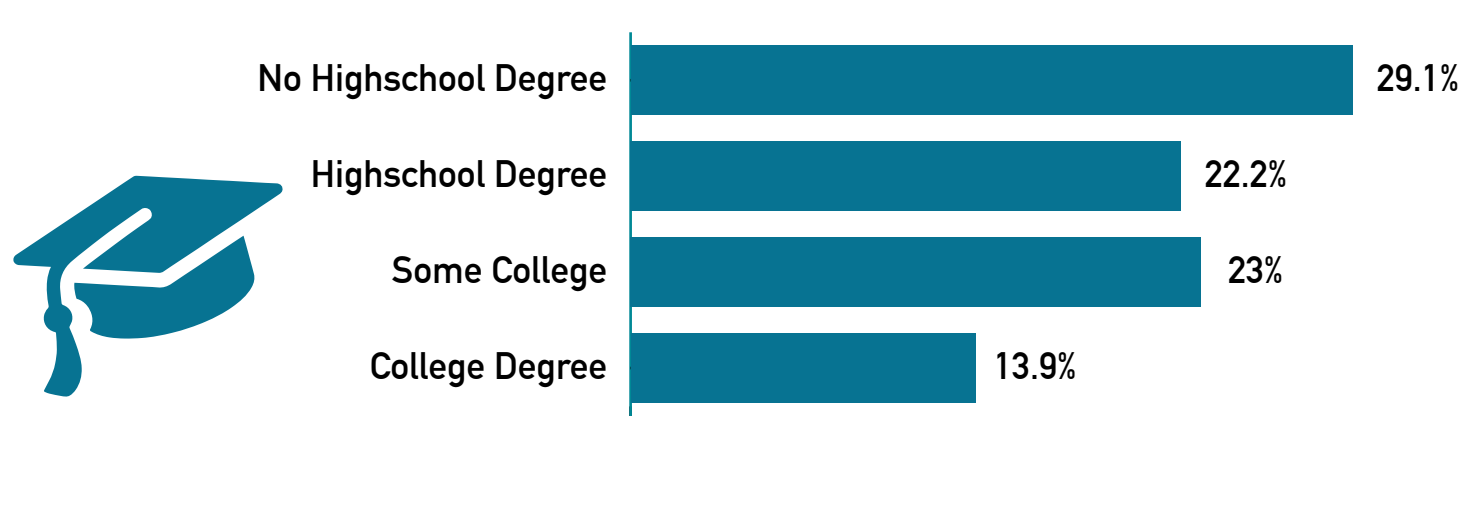
MENTAL HEALTH BY RACE/ETHNICITY



Actual rates may be higher as certain groups are less likely to be diagnosed and treated.

WEALTH, EDUCATION, AND MENTAL HEALTH

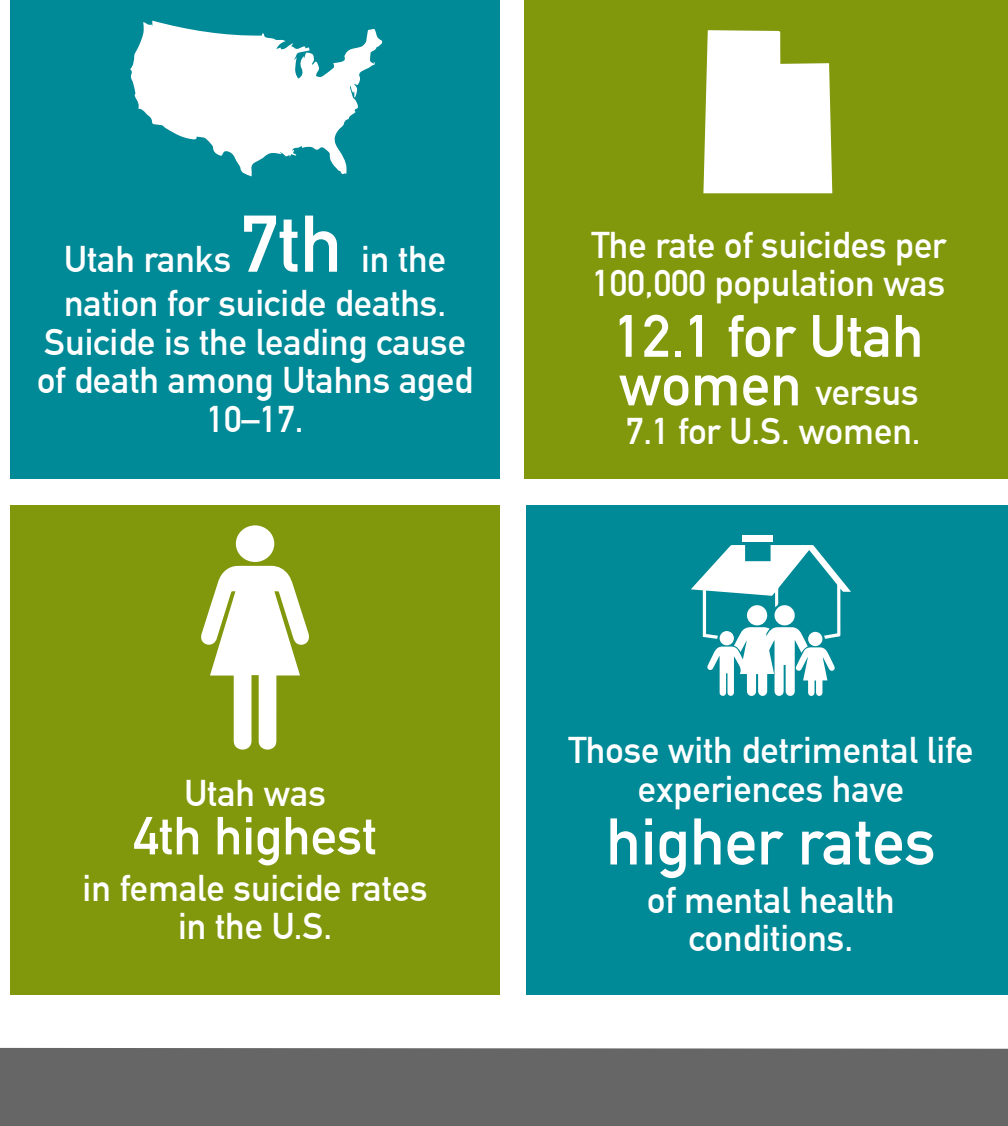
Utah women with lower levels of education and income are more likely to suffer from poor mental health. *



*Utah women reporting 7+ poor mental health days in the past 30 days.

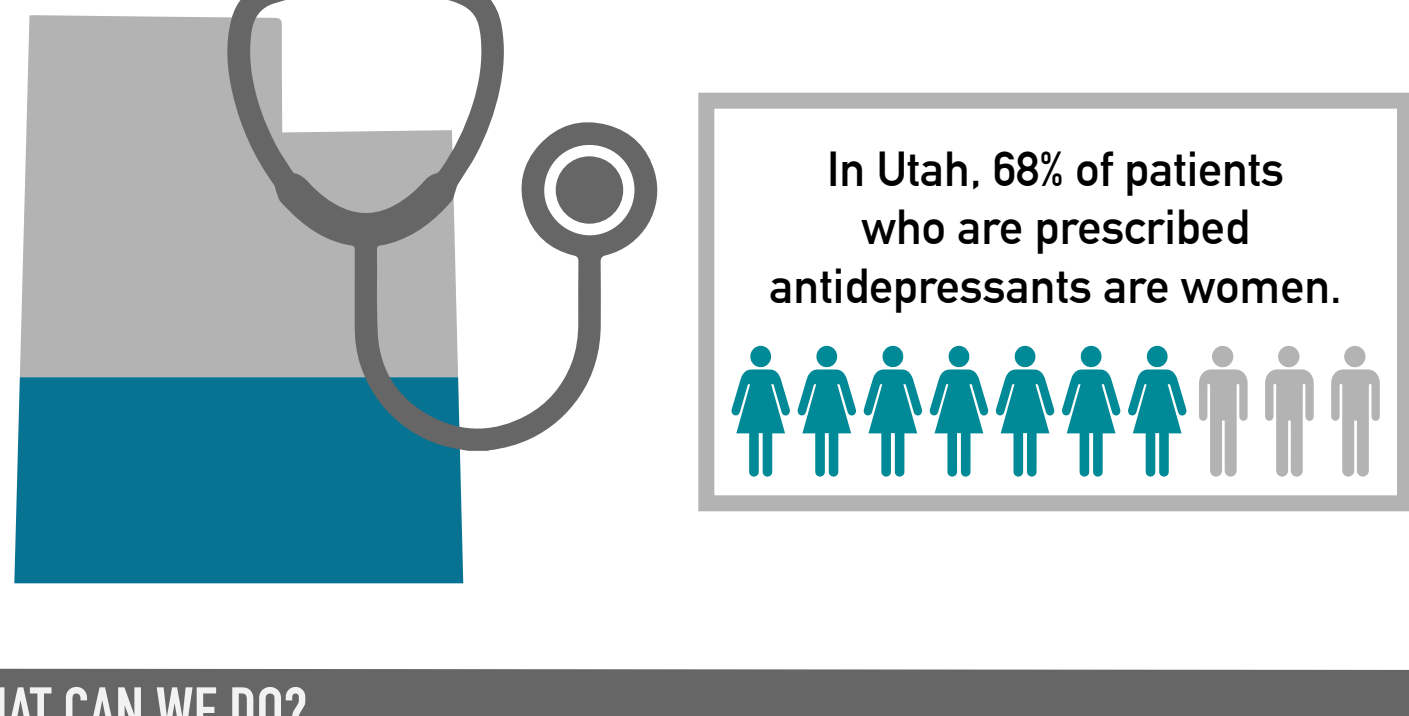
RISK FACTORS ASSOCIATED WITH POOR MENTAL HEALTH

Untreated mental health conditions can increase risk for dangerous behaviors such as substance abuse, violence, and suicide.



TREATMENT

Fewer than half of Utahns with a mental illness receive professional treatment.



WHAT CAN WE DO?

- Increase access to affordable healthcare for all Utahns.
- Reduce stigma surrounding poor mental health.
- Increase education and access to services.
- Work together to improve mental health.