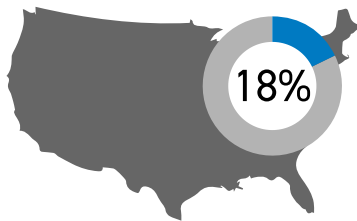


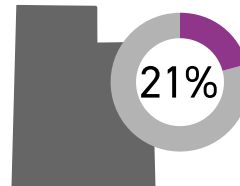
UTAH WOMEN & MENTAL HEALTH

HOW DOES UTAH STACK UP?

Utahns have a higher rate of mental health issues than the average American.

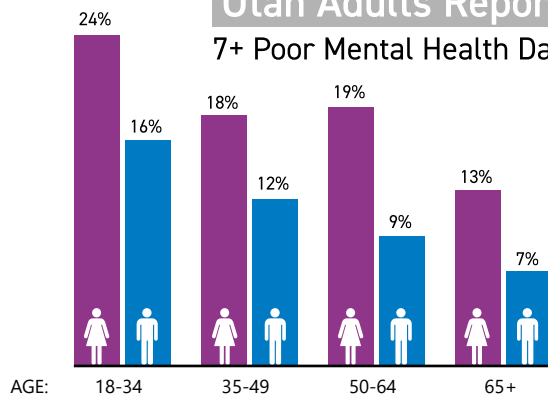


18% of Americans suffer from depression.



21% of Utahns suffer from depression.

Utah Adults Reporting 7+ Poor Mental Health Days in a Month

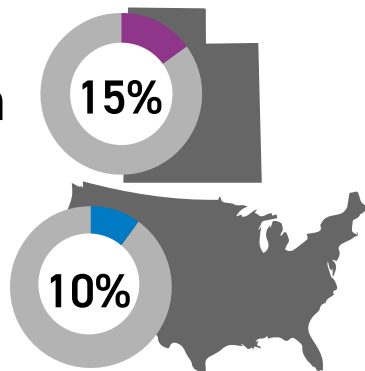


Utah women suffer from overall mental health issues at much higher rates than men.

MENTAL HEALTH AND PREGNANCY

Utah women experience postpartum symptoms at a higher rate than US women.

Postpartum Depression Symptoms



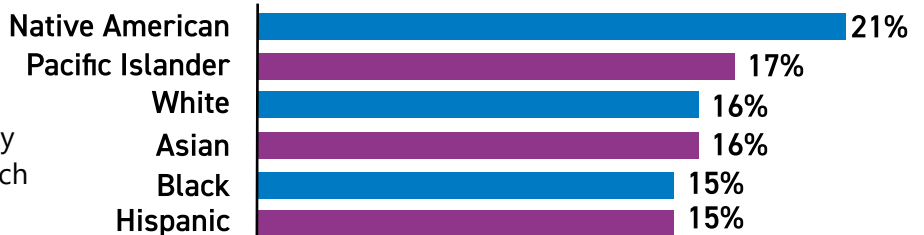
60% of women experiencing postpartum depression do not seek medical help.

RACE AND MENTAL HEALTH

Mental health rates vary by a variety of factors including race.

Mental Health Rates by Race*

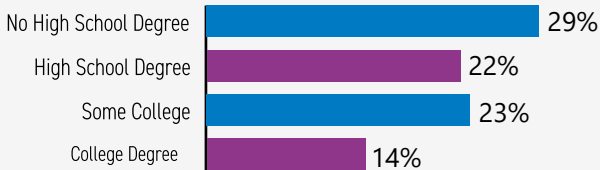
*It's important to note that these are only reported rates. Actual rates could be much higher.



WEALTH, EDUCATION, AND MENTAL HEALTH

Women in poverty and women who have less education have higher rates of mental health.

Education and Mental Health



Poverty and Mental Health

37% of women who are at or below the



experience 7+ poor mental health days in a month.

19% of women who are above the



experience 7+ poor mental health days in a month.

RISK FACTORS ASSOCIATED WITH POOR MENTAL HEALTH

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

Utah ranks
7th in the US

FOR

suicide deaths.

Suicide is the leading cause of death among Utahns aged 10-17.

Suicides per 100,000
Population



US Women

12

Utah Women

THOSE WITH

detrimental life experiences
have higher rates

OF

mental health
conditions.

Utah had the

4th Highest

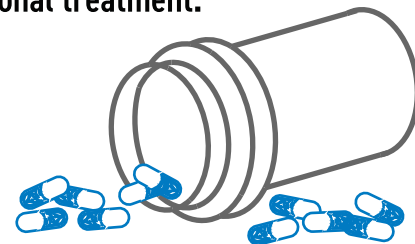
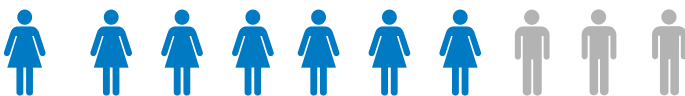
female suicide rate

in the nation from
2012-2014.

TREATMENT

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

68% of patients who are prescribed antidepressants in Utah are women.



WHAT CAN WE DO?

Although mental health is a complicated issue, there are things we can do to help.



Increase access to affordable healthcare for all Utahns.



Increase education and access to services.



Reduce stigma surrounding poor mental health.



Work together to improve mental health.

UTAH WOMEN & LEADERSHIP
Project

Click [here](#) for the full report.

UTAH WOMEN & LEADERSHIP PROJECT

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