



Women are almost **twice** as likely as men to have depression or an anxiety disorder. Talk to your provider about any symptoms **YOU** are experiencing.



What is Anxiety?

Life is hard! We worry about everything from money to the health and safety of our family.

Sometimes worry can:

- Cause aches and pains, stomach aches, and headaches.
- Impact your sleep.
- Make you not feel like yourself.
- Make you grumpy or easily irritated.
- Make you feel easily overwhelmed.
- Cause intrusive or repetitive thoughts that feel scary or hard to control.
- Cause panic attacks.

Depression and anxiety can happen together; half of people with depression also have anxiety.

What is Depression?

Are you...

- Not feeling like yourself?
- Feeling down or sad?
- Having trouble sleeping?
- Eating less or more than normal?
- Not enjoying activities you usually do?
- More tired than normal?
- Having trouble with focus, memory, or making decisions?
- Having aches or pains, headaches, cramps, or stomach aches?

Around 1 in 8 women will have depression during their life and it is most common in ages 25-44.

You might have depression.

This is not a sign of weakness.

Talk with your provider about your symptoms!



Safe and effective treatments are available for depression and anxiety. Treatment can help manage your symptoms and let you focus on your life.

You don't have to wait until you feel bad to get help or talk about your concerns.

You have Options!

There are many things you can do to help improve your mental health including:

- Behavior changes
- Being physically active
- Taking deep breaths
- Spending time outside
- Getting good sleep
- Spending less time on social media and screens
- Journaling or writing down your thoughts and feelings
- Practicing grounding techniques (such as the 5-4-3-2-1 method)
- Using positive self-talk or reminders to support yourself
- Reaching out to someone you trust for support
- Relaxation exercises such as meditation

Sometimes these options are not enough. Your provider can connect you to a mental health professional who can help you through therapy, medication, or both.

Treatment Plans

Treatment for anxiety or depression may include any combination of behavior change, therapy, and medication. You don't need to do this alone.

Therapy

Therapy is a safe and private space to talk and get help. There will be clear communication about treatment options and costs.

Medication

Your provider may recommend medication to help with symptoms and improve your well-being. If you begin medication, talk with your provider before making changes.

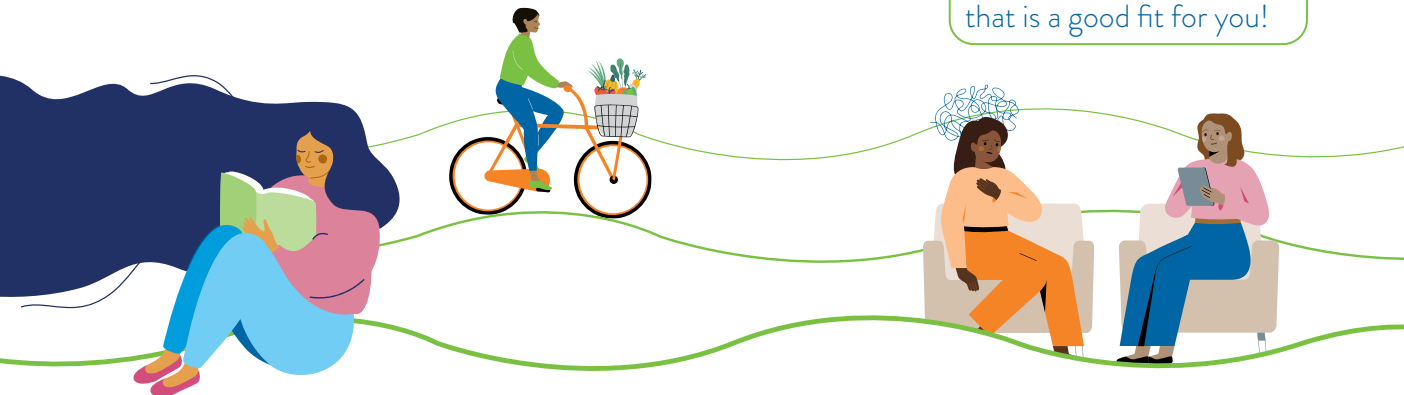
Therapy and Medication

Sometimes the best option is therapy and medication together. Medication can help you get more out of therapy by managing your symptoms.

Peer Support

Peer support connects you with someone who has lived experience and can offer understanding, encouragement, and guidance.

Remember to look for a mental health professional that is a good fit for you!



Resources

Depression or anxiety are not signs of weakness. Talk with your provider today about your symptoms!

For more information on depression and anxiety OR for resources to help you get the care you need, visit:

grc.osu.edu/projects/focus-me

- Suicide & Crisis Lifeline: Call or text 988
- SAMHSA National Helpline: 1-800-662-HELP (4357)
- NAMI Ohio Helpline: 614-224-2700
- NAMI National Helpline: 1-800-950-NAMI (6264)

Not sure where to start?
You can ask your provider for a referral or use trusted online directories like Psychology Today to find a therapist who fits your needs.



Pregnancy and Postpartum Considerations

Pregnancy and having a baby can bring many feelings. It is common to feel anxious or sad.

If untreated, depression or anxiety can affect your health and your baby's health. Getting help early can lower risks and support the best possible health for you and your baby.

Talk to your provider about treatment safe for pregnancy and breastfeeding.

National maternal mental health line – 1-833-TLC-MAMA

Mental health is essential health.

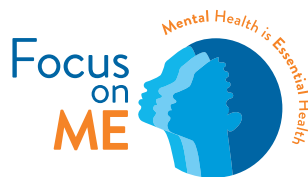


Are YOU having thoughts of hurting yourself or hurting others?



Reach out NOW for emergency care.

- Free, 24/7, Confidential Suicide & Crisis Lifeline: **Call or text 988**
- Go to your nearest emergency room
- Call 911



Focus on ME is a quality improvement project working with primary care providers across Ohio to improve care for depression and anxiety in women of reproductive age.



Department of Medicaid
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