

I'M LACING UP FOR
WOMEN'S
MENTAL HEALTH



#RUNFORWOMEN
#WCHMENTALHEALTH

SHOW US YOU CARE!



Show your support with this card!

Take a photo of yourself and your team members holding this card and share why you've chosen to lace up for women's mental health.

Post your photo to social media using the hashtags: #WCHMentalHealth #RunforWomen.

You can also send your photo to us at foundation@wchospital.ca and we'll post it to our channels, too!

Thank you for joining us on this journey towards better mental health for women.

Caring for Your Mental Health

WHAT YOU NEED TO KNOW

- Women are disproportionately impacted by mental health concerns.
- Worldwide, women are twice as likely as men to experience depression while a quarter of all women who have recently given birth report signs of postpartum depression or anxiety.
- High rates of gender-based violence mean women are the single largest group of people affected by PTSD.
- At the same time, women report unique barriers to accessing high-quality mental healthcare. These include childcare, stigma, inability to leave work, lack of transportation options and more.

WHAT YOU CAN DO

- Go for a run or walk – raising your heart rate can have an antidepressant effect!
- Confide in someone you trust.
- Speak with your primary care provider about your symptoms and to explore your options.
- Learn more using the resources below.

FOR MORE INFORMATION

Women's College Hospital

Women's Mental Health Program:

www.womenscolleghospital.ca/care-programs/mental-health

