

# INVESTING IN THE MENTAL HEALTH OF WOMEN

To Build an Inclusive and Sustainable Economy



The leading cause of death for girls ages 15 – 19 worldwide is no longer childbirth – it's suicide.



Women are **twice as likely** as men to develop major depression, post-traumatic stress disorder, and anxiety disorders.



Women are **3x** more likely to encounter barriers to accessing mental health services.

## MENTAL HEALTH BY THE NUMBERS



Millennial women are experiencing higher rates of depression than their male counterparts.



Risk factors for mental disorders include gender based violence. The lifetime prevalence rate of violence against women ranges from 16% to 50%.



Women reported **4x** the rate of anxiety as men due to the gender pay gap.



Poverty is a risk factor for poor mental health. Women make up 70% of the world's poor, and are at higher risk for diminished mental health.

## ADVANCING GENDER EQUALITY

Now is the time for G7 leadership to include mental health in the conversation - let our global @G7 leaders know using the hashtags **#myG7 #MentalHealth**



In an increasingly knowledge-based economy, improving women's mental health and resilience will significantly impact workplace productivity and ensure equal participation in the workforce.

**\$28 Trillion**

Could be added in GDP growth by 2025 by empowering women to participate equally in the global economy.