



# Women and Children's Mental Health

Amanda Keller Ph.D© MSc

Jennifer Dupuis MSW



# Why women's mental health?

- Typical life pressures related to managing work, finances, and interpersonal relationships.
- Women specific pressures (Thin, beautiful, good caregiver, good housekeeper)
- COVID pressures of additional caregiving

# Youth Mental Health

- Social media and media
- Belonging
- Abuse/Neglect
- Gender
- Identity
- Poverty
- Stress



# What is a mental health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices (CDC, 2021)





# Mental health Disorders.

- Mental Health issues are incredibly common
- In 2017, 46.6 million adults in the U.S. were treated for a mental illness, representing nearly 20% of the adult population,
- Women being treated for mental illness was almost 50% higher than the percentage of men (22.3% vs. 15.1%, according to the [National Institute of Mental Health](#)).





## Women's Mental Health During COVID-19

- Isolation
- Increased caregiving responsibilities.
- Death of significant others.
- Job losses / Financial stressors

# Youth Mental Health During COVID-19

- Limited peer interaction
- Lack of community support
- Parental stress/financial difficulties
- Particular challenges for youth under youth protection



# Critical COVID Gender differences

---

The World Health Organization (WHO) reported that women are experiencing increased gender based violence ([World Health Organization, 2020a](#)).

---

Two international studies have found suicide rates higher among women during the pandemic for women and lower for men ([Kim, 2021](#); [Nomura et al., 2021](#)).





Women that are :pregnant, postpartum, miscarrying, or experiencing intimate partner violence are at especially high risk for developing mental health problems during the pandemic.

# Outreach

- Proactive outreach to vulnerable groups of women and enhancement of social supports could lead to prevention, early detection, and prompt treatment..(Almeida et al., 2020)





# Building Support & Building Community

The community sector can do a lot to improve women's well-being. Firstly, you can be a lifeline for marginalized or stressed-out women.

Secondly you can help women access basic education about mental health issues. Reassuring them its common, not shameful and treatable.

Thirdly you can connect them to the many resources available to help them. Including medical, social, and personal resources that can help combat their symptoms.







# Self care

- Physical, mental, spiritual, emotional, social
- In all life spheres
- Assessment



# Questions

Have you been noticing higher rates of mental health issues in your clients?



- Have you noticed any particular types of clientele or person who was vulnerable during the pandemic?
- Where do you think the gaps are in clinical and community services in Montreal right now?



What obstacles and challenges have you observed within the BIPOC community?







- Have any of you developed innovative programming to respond to encourage interconnectedness?
- Have any of you seen quality programming during the pandemic to respond to mental health issues?



## Question

**Are there any challenges particular to the anglophone community that you have noted?**



- If you could get a grant to respond to a specific need in the community right now, what would you attempt to address and why?

# Questions

- How do you incorporate self care into your life?
- What are some ways to incorporate self-care when there is very little time, energy or motivation to do so?

