



Mental Health Matters

A Monthly Newsletter from Atlantic Behavioral Health

MENTAL HEALTH AWARENESS | March 2024

Women Are on Fire!

Women really are amazing. International Women's Day on March 8, 2024 is a great way to learn about and celebrate the contributions and power of women in the world. When women are included and treated equitably, the world is a better place. Women deserve to be listened to by their partners and their family, their doctors, at their jobs and in the voting booth.

Women are on fire and lighting up the world in many ways.

While American corporations are scoring record productivity, up over 5% in the last quarter [U.S. Bureau of Labor Statistics \(bls.gov\)](https://www.bls.gov), women are working harder and juggling child care challenges, elder care responsibilities, as well as bearing the majority of the emotional labor on the home front and in the office. As one corporate thought leader, Lareina Yee states:

“Women are delivering the performance and business results, but at a great personal toll.”

<https://www.mckinsey.com/our-people/lareina-yee>

Women suffer from job burnout and are diagnosed with serious mental health conditions at a higher rate than men. Women are diagnosed at 7% and men at 4.2%

[Mental Health Statistics \(2024\) - Forbes Health](#)

While new generations of men are contributing more at home, women still do more to care for everyone. In an article on women and burnout, it is noted that “women spend five or more hours a day on housework and caregiving.” This is like having another uncompensated job and is a major contributor to feelings of burnout and mental health concerns for women.

[Women do more grunt work at home, no matter their pay or education - CBS News](#)

There are also areas of stress that are unique to women and have an impact on mental health and burnout risks:

Pregnancy is a major event in a woman’s life. While this can be one of life’s great moments, it also can come with changes in hormones, increased health risks and emotional ups and downs. If the pregnancy was not planned or comes with complications, it can also bring extreme emotional distress and risks for anxiety and depression.

Menopause can also have a significant impact on women’s health and mental health. It can also be a time of grief as well as an invitation to a new stage of life for women.

Abuse and Discrimination can happen across the gender lines, but statistically, women are still at a higher risk than men to suffer domestic violence or discrimination. Sadly, this can be even higher for women of color.

National Domestic Violence Hotline : 1-800-799-SAFE

Website: [Domestic Violence Support | National Domestic Violence Hotline \(theline.org\)](#)

What Can Women Do?

Learn About Job Burnout

Job burnout is a type of stress linked to work. It includes being worn out physically or emotionally. Job burnout also may involve feeling useless, powerless and empty.

[Job burnout: How to spot it and take action - Mayo Clinic](#)

Job Burnout is not a medical or mental health condition, but it can lead to health and mental health problems if ignored.

Consult With Your Primary Care Provider

If you are feeling worn out or having difficulty sleeping, it is important to speak to your medical provider. And if there are any thoughts of self-harm, call **988** or go to the nearest emergency room.

Consider Joining a Support Group

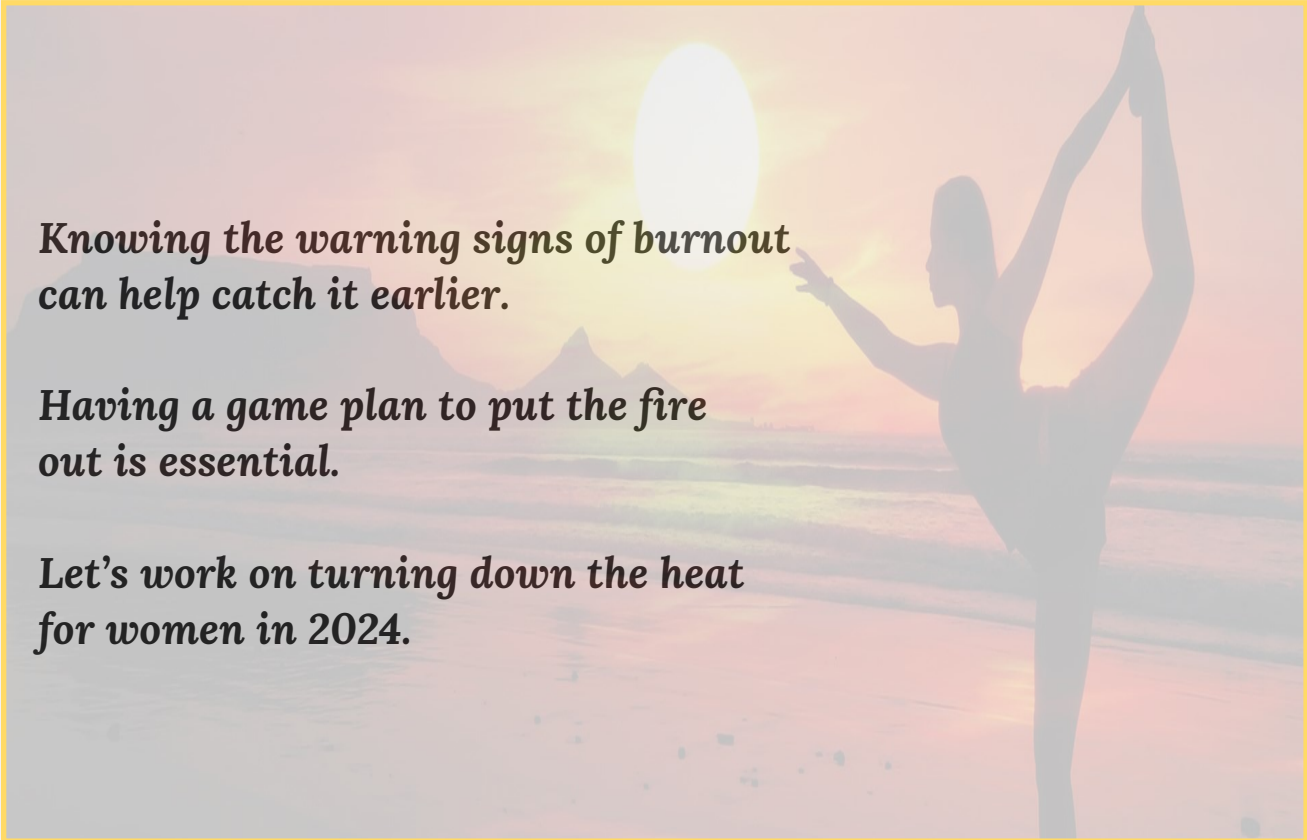
Atlantic Behavioral Health in conjunction with the CONCERN Employee Assistance Program offers a **New Parent Support Group**. For information call 973-451-0025.

Atlantic COVID Recovery Center is a resource for individuals who have concerns regarding symptoms of COVID. For additional information call, 908-522-3361 or visit

www.atlantichealth.org/locations/atlantic-medical-group/pulmonology/covid-recovery.html

On a Personal Level

- Sleep and Move. Keep it simple and look for the small ways you can improve your outcomes. Turn off the phone and technology earlier each day. Move while you are waiting. Try stretching while waiting for water to boil, touch your toes or do some jumping jacks before you leave the house or go to the next meeting. Make it SIMPLE.
- Don't work harder. Work SMARTER. Take your breaks and get up and out of your work environment. You will think better and feel less resentful.
- Surround yourself with good quality people. It can be a virtual support group, a good friend across the country or a kind coffee shop girl. Make it a priority to get good emotional connections at least once a week if not more. It is imperative.
- Celebrate International Women's Day by listening to a talk from last year's program. <https://youtu.be/g6plQmBnjCQ>



***Knowing the warning signs of burnout
can help catch it earlier.***

***Having a game plan to put the fire
out is essential.***

***Let's work on turning down the heat
for women in 2024.***

CRISIS RESOURCES

If you feel you or someone you know may harm themselves or someone else:

988 Suicide and Crisis Lifeline: **988**

The Trevor Lifeline for LGBTQIA + Youth : **1-866-488-7386**

Veterans Crisis Line: **Dial 988 and Press 1**

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

For more information or to get help:

National Domestic Violence Hotline at **1-800-799-SAFE**

National Sexual Assault Hotline at **1-800-656-HOPE**

Rape, Abuse & Incest National Network (RAINN)
24/7 Hotline **1-800-656-4673**

Website:

Atlantichealth.org



Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Chilton Medical Center: 973-831-5078

Hackettstown Medical Center 908-454-5141

Morristown Medical Center: 973-540-0100

Overlook Medical Center: 908-522-3586

Newton Medical Center: 973-383-0973

Email:

Nomorewhispers@atlantichealth.org



Atlantic Health System
Behavioral Health