

The impact of uterine health conditions on mental health

For people with uterine health conditions, **many things can negatively impact mental health**

pain-related symptoms^{1,2}

embarrassment³

medical gaslighting^{*4,5}


~60-80% of people with endometriosis

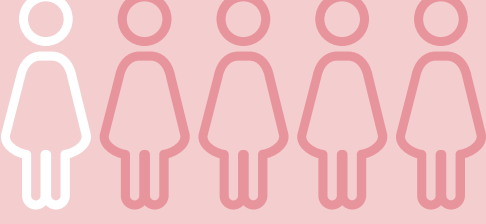
and

~25-50% of people with uterine fibroids

have symptoms like pain and heavy bleeding^{6,7}

Stigma can cause shame or embarrassment, making it hard to talk about periods⁸





~1 in 5 women do not feel comfortable talking about periods with their healthcare provider⁸

Nearly 60% of people with endometriosis have **felt they were not taken seriously by their healthcare providers⁵**

Black women are more likely to have their pain dismissed than white women⁹

These conditions can worsen mental health^{1,10}

Compared to those without, people with uterine health conditions may be at higher risk of developing anxiety or depression^{1,10}

anger³

depression^{1,2}

anxiety^{1,2}

self-harm¹

embarrassment³

Fortunately, there are resources that can help...

Learn how to **talk to your healthcare provider and find support**



Check out the **Uterine Health Guide** for information on uterine health and women's health advocacy groups





Seek out organizations that can **help you improve your mental health**



National Alliance on Mental Illness (NAMI)



Mental Health America (MHA)

You are not alone. The right education and support can help you live your best life.



References

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