



Michiana women shouldn't struggle with mental illness alone

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By Allison Preston, Morning News Co-Ancor **CONNECT**

MICHIANA - "Superwoman" is now a common phrase among today's female leaders as many woman juggle multiple jobs like motherhood and a successful career. Sometimes, though, it can be overwhelming and lead to mental health disorders.

According to the World Health Organization, women suffer from mental disorders 40 percent more than their male counterparts.

Workplace stress, stress at home and relationship problems are some of the main contributing factors to women developing anxiety, depression and more.

Representatives at the Indiana Parenting Institute of St. Joseph County recommend breaking down the taboo surrounding mental health disorders by talking with friends and families about struggles with stress, anxiety, anger and more.

The Parenting Institute aims to strengthen families through education and training, creating a better environment for children and families to thrive.

Women in Michiana hoping to find relief and guidance with the daily struggles can reach the Indiana Parenting Institute's regional consultant, Leslie Waters-Wesley, at leslie.wesley@indianaparentinginstitute.org. They can also find more information on classes and ways to cope by visiting their website at www.indianaparentinginstitute.org.



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