

The Women's Clinic at AIBDT is a service that provides support with interpersonal, family, and job related stress as well as specific psychotherapy for mental health conditions common for women. Research has long supported that mental health issues affect women and men differently, where some disorders are more common in women and express themselves with different symptoms.

Mental health and stress related issues can affect women at any time regardless of age, race or income. Research shows that nearly twice as many women as men are affected by a depressive or anxiety disorder. Common mental illnesses affecting women are depression, eating disorders, anxiety disorders, postpartum, and bipolar disorder.

Women would benefit from psychotherapy services if there are concerns with:

- Parenting or marital/paramour stress
- Partner-related violence
- Job stress
- Difficulty connecting with social supports/forming friendships
- Post-partum depression
- Medical issues associated with stress, such as hypertension
- Mental health conditions such as anxiety, depression, OCD, Bipolar Disorder, Eating Disorders, PTSD
- Suicidal thoughts or attempts