Our goals

To bridge the gap in effective care and support for women Veterans we aim to:

Promote mental health awareness, treatment acceptability, and engagement among women Veterans using gender-specific, evidence-based outreach.

Mobilize and engage community providers, broadening the network of support for women Veterans with mental health and readjustment needs.

Deliver information, resources, and peer support to provide women Veterans with mental health treatment and tools for self-management and self-care.

Gender and Veteran-centric care

Expanded services are not enough; we must ensure that Veterans know about services, believe that they are effective, and engage in treatment and support services.
### Issue Brief: The state of women Veterans’ health in the United States and in California

#### Demographics

**California** has the second largest population of women Veterans in the U.S.

<table>
<thead>
<tr>
<th>UNITED STATES</th>
<th>CALIFORNIA</th>
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</thead>
<tbody>
<tr>
<td><strong>2,035,213</strong></td>
<td><strong>164,516</strong></td>
</tr>
<tr>
<td><strong>LOS ANGELES</strong> (COUNTY)</td>
<td><strong>LOS ANGELES</strong> (CITY)</td>
</tr>
<tr>
<td><strong>19,000+</strong></td>
<td><strong>7,000+</strong></td>
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#### Mental Health

**PTSD and depression** are among the top health diagnoses for women Veterans treated at the VA. **Depression, anxiety,** and **sleep disorders** were the most often reported mental health conditions among women Veterans in California.

Nationwide, a survey found that **24% of women Veterans** were hesitant to seek care for mental health issues.

#### Barriers to Care

**36%** of women Veterans aged 18–34—and **19%** of all women Veterans—reported delayed or unmet healthcare needs. **BARRIERS INCLUDE:**

- Lack of awareness of care services and eligibility
- Perception that services are not sensitive to concerns of women
- Inability to get time off from work
- Lack of transportation

#### Suicide

**Women Veterans are more likely to die by suicide than non-serving women.**

- **6x as likely** women Veterans are 6 times as likely to die by suicide than non-serving women
- **12x as likely** women Veterans aged 18–29 are 12 times as likely to die by suicide than non-serving women

#### Sexual Assault

**NATIONWIDE:**

- **22%** of active duty servicewomen experienced a sexual assault in 2014
- **32%** of VA disability claims involving PTSD related to Military Sexual Trauma (MST) were rejected
- **39%** of homeless women Veterans screen positive for MST

**IN CALIFORNIA:**

- **37%** of women Veterans reported experiencing MST