

Social Work & Women's History Month

March 2026



Social workers and other helping professionals support individuals, families, and communities through life's hardest moments.

Social workers provide counseling and crisis support, connect individuals to resources, support mental health across settings, and work to reduce systemic inequities.



This month, we also honor Women's History Month and recognize the strength and leadership of women across generations.



Women's Mental Health

Women experience unique mental health challenges shaped by biology, culture, and systemic expectations.

This may include:



- Postpartum mood changes
- Anxiety and depression during adolescence
- Workplace stress and burnout
- Caregiver strain
- Navigating identity, relationships, and societal pressure

Supporting women's mental health means recognizing both vulnerability and strength. It is important to create spaces where women feel validated and empowered at every stage.



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Did you know?

Women make up the majority of the social work workforce and have historically led movements advocating for community health, education access, and social justice.

