

Women's Health Resources

HEART DISEASE: Understanding Your Risk Factors

- From The Office on Women's Health/US Department of Health and Human Services: [Risk factors](#) for heart disease (en Espanol)
- From The US Centers for Disease Control and Prevention: [Know Your Risk for Heart Disease](#)
- From The Mayo Clinic: [Heart Disease in Women: Understand Symptoms and Risk Factors](#)



Warning Signs and Symptoms

- From The American Heart Association (AHA): [Heart Attack Symptoms in Women](#)
- Go Red for Women! Web site: [Warning Signs & Symptoms of Heart Attack and Stroke](#)

Heart Care and Disease Prevention

- To find your local American Heart Association office, click on the [In Your Community](#) link and enter your zip code.
- From Go Red for Women!: [Preventing Cardiovascular Disease](#)
- From the CDC: [Heart Health for Women](#)

BREAST CANCER: Definitions, Risk Factors, and Symptoms

- From the CDC: [What is breast cancer?](#) (en Espanol)
- [What Are the Risk Factors for Breast Cancer?](#)
- From Breastcancer.org: [Signs and Symptoms](#)



Screenings, Examinations, and Diagnosis

- From The National Cancer Institute: [Screening for Breast Cancer](#)
- The University of Texas MD Anderson Cancer Center (MD Anderson): [Mammograms & Breast Examination](#)

Treatment Options and Support

- [Treatment Options](#) (MD Anderson)
- National Breast Cancer Foundation: [Support Programs](#)
- The American Cancer Society: [Patient Programs and Services](#)
- [Applying for Financial Assistance](#) (Susan G. Komen)

DEPRESSION: General Information and Symptoms

- OASH Office on Women's Health: [Depression](#)
- [Depression in Women: 5 Things You Should Know](#) (National Institutes of Mental Health)
- [Perinatal Depression](#) (NIH) and [Postpartum Disorders](#) (Anxiety & Depression Association of America [ADAA])
- [Should I ask for help?](#)
 - [Depression Screening Test](#) (Medically Reviewed)

Resources and Support

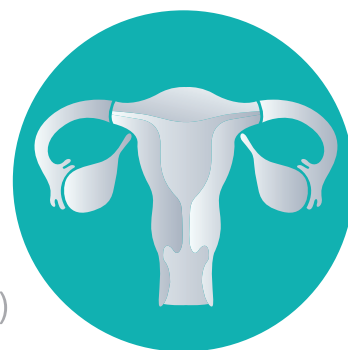
- [ADAA Telemental Health Providers](#) (by state)
- [Crisis Text Line](#): Text HOME to 741741 to connect with a Crisis Counselor (National Alliance on Mental Illness)
- Find a [local support group](#)
 - [ADAA Support Group Search](#)

Self-Help and Management Strategies

- [Tips to Manage Depression](#) (ADAA)
- [Cleveland Clinic: Management and Treatment](#)
- Using [exercise](#) as a tool.

CERVICAL CANCER: Definitions, Risk Factors, and Symptoms

- [Cervical Cancer FAQ](#) (The American College of Obstetricians and Gynecologists)
- World Health Organization (WHO): [Key facts, overview, and the role of human papillomavirus \(HPV\)](#)
- [Signs and symptoms](#) (Cancer.net)
- [Risk Factors](#) (American Cancer Society [ACS])



HPV Vaccines, Screening, and Diagnosis

- [HPV Vaccines: What Everyone Should Know](#) (CDC)
- [Preventative Screenings](#) (CDC) and [Diagnostic Tests](#) (Mayo Clinic)

Treatment Options and Support

- [Treating Cervical Cancer](#) (ACS) and [Cervical Cancer: Types of Treatment](#) (Cancer.net)
- The National Cervical Cancer Coalition (NCCC)
- [Gilda's Club: A Cancer Support Community](#)

Learn more about National Women's Health Week
at womenshealth.gov/nwhw.

