

MORE WOMEN THAN MEN ARE EXTREMELY STRESSED, SURVEY SAYS

Generation Xers Most Impacted by Extreme Stress, Concern Over Steady Employment

LOS ANGELES, July 25, 2017 – Nearly 40 percent of female respondents are *extremely stressed* compared to 26 percent of their male counterparts, according to a recent client survey conducted by [The Maple Counseling Center](#), a nonprofit mental health care center in Los Angeles.

Steady employment was the number one concern among men and women, 84 percent and 78 percent, respectively. The survey also found that four out of ten (40 percent) respondents are *very concerned* when it comes to steady employment, followed by access to shelter (14 percent) and food (10 percent).

“We’re finding that many people not seriously mentally ill are experiencing elevated levels of distress and anxiety,” said Marcy Kaplan, CEO, The Maple Counseling Center. “The problem is that a significant number of those who need help don’t necessarily have access to affordable mental health services, making organizations like ours so incredibly vital to the communities we serve.”

Forty-two percent of female respondents are concerned about access to food, compared to 32 percent of males. Likewise, the survey found that more women than men are anxious about steady shelter, 47 percent versus 40 percent, respectively.

Stress levels also vary among age groups. While 59 percent of respondents between the ages of 35 and 54 (Generation X) say they are *extremely stressed*, only 37 percent of those ages 18-34 (Millennials) feel the same way, followed by 33 percent of those ages 55 and over (Baby Boomers).

Concerns over steady employment seem to affect age groups differently. Generation Xers are impacted the most, with 59 percent of respondents saying they are very concerned about jobs, followed by 41 percent of Baby Boomers and 37 percent of Millennials.

About the survey

The Maple Counseling Center created the survey to gauge stress levels among its clients and identify some of the underlying factors that may be contributing to anxieties. Nearly 250 adults ages 18 and over participated in the survey questionnaire from June 24, 2017 through June 30, 2017. Results were tabulated by age and gender, and not weighted to be representative of the population at large.

About The Maple Counseling Center

Founded in 1972, The Maple Counseling Center (TMCC) is a private, nonprofit community mental health center that serves the greater Los Angeles area. The Center’s mission is to provide low-cost, comprehensive mental health services to adults, children, couples, and families, and

training for interns and counselors working toward licensure in the mental health field. The Center also collaborates with other community organizations to provide mental health services in underserved areas of Los Angeles County. Open six days a week, TMCC counselors treat a range of issues, including anxiety, depression, family and relationship conflicts, and grief and loss.

For more information about TMCC, visit www.tmcc.org, follow on Twitter [@MapleCounseling](https://twitter.com/MapleCounseling), and like on Facebook at [The Maple Counseling Center](https://www.facebook.com/TheMapleCounselingCenter).

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