

NEWS RELEASE

For Immediate Release

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Women More Fearful of Economy Than Men

Women Seeking Help Can Turn to Hotlines

CAMDEN, NJ- With the economy hitting near record lows, stress factors are hitting highs for many Americans. Yet, while most are feeling the pinch, it is women who are actually more affected by the economy than men. The American Psychological Association conducted a Stress in America Survey in June and August of 2008. The results found 84% of women were fearful about the economy, and an overwhelming amount reported a plethora of physical and emotional symptoms, ranging from headaches, irritability, insomnia, overeating, fatigue and even chest pain.

“The Worry Factor,” an article published in Newsweek, claims that stress is no longer an emotional issue, but in fact the body’s response to dangers and threats. Clinical health psychologist at Columbia University College of Physicians and Surgeons maintains that our bodies are wired to handle short-term stressors appropriately. But with long-term worries, namely the economy, the potential for serious health risks is a reality.

In order to help women manage their stress in a healthier way, Center For Family Services offers the Women’s Referral Central hotline. When finances are tight, many women may feel as though they cannot afford to receive personalized care and attention, even if they need it. This is a widespread misconception. The Women’s Referral Central Hotline is completely free and confidential, and allows women to receive pertinent information regarding issues such as everyday stress, health care, domestic violence, housing options, child care, and divorce.

“Whether your circumstance is as extreme as domestic violence, or you are simply interested in learning better parenting techniques, the Women’s Referral Central has trained professionals who are there to provide you with the help you’re seeking. With referrals to over 6,000 programs throughout New Jersey, this hotline is a wonderful tool offering free, round the clock support,” said Center For Family Services President, Richard Stagliano.

Women will learn skills that help them deal with the pressure they are facing in a positive way. In our present economic climate, it is imperative to ensure that declining health is not an issue you are faced with, as long term affects can be devastating. If you or anyone you may know could benefit from this service, please contact the **Women's Referral Central Hotline at 1-800-322-8092** for further information or confidential help you may need.

Center For Family Services is a non-profit organization whose mission is to support and empower individuals, families and communities to achieve a better life through vision, hope and strength. It is their vision that all people lead capable, responsible, fulfilled lives in strong families and healthy communities.

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