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U.S. Department of Health and Human
Services, Office on Women's Health

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Our information specialists and breastfeeding peer counselors are ready to help you in both English and Spanish!

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- * Heart disease
- * HIV/AIDS and STDs
- * Menopause
- * Pregnancy
- * Smoking cessation
- * Stress, depression and mental health
- * Violence against women

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- * Body changes
- * Bullying
- * Fitness
- * Illness & disability
- * Nutrition
- * Relationships
- * Self-esteem
- * Stress, depression and mental health
- * Smoking and alcohol and drug use



*The Federal Government Source for
Women's and Girls' Health Information*

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9:00 a.m. – 6:00 p.m., EST
Monday through Friday

English and Spanish

No commercials. No advertisements.

Just FREE and trustworthy health information
for women and their loved ones.

Womenshealth.gov and girlshealth.gov is an information referral service only and does not provide medical advice. Information from womenshealth.gov and girlshealth.gov should not be a substitute for medical advice from a health care professional.