

# Mental Health & Emotional Wellbeing

It can be extremely isolating to live with endometriosis. Many people with endometriosis experience anxiety, depression, grief, loss, and stress. The physical and mental health effects of endometriosis can affect your social, personal and professional lives.

The experience and intensity of pain can increase your risk for anxiety and depression and reduce your quality of life.

For people who are trying to get pregnant, experiencing painful sex and infertility can put an additional strain on your health and your relationship with your partner(s).



Finding trusted health care providers who listen to your experiences is important. It can also be helpful to get support from your larger community, including from your family, friends, and others with endometriosis. You do not need to do this alone.

To learn more visit  
[yourperiod.ca/endometriosis](https://yourperiod.ca/endometriosis)