

Women's History Month 2023

March is Women's History Month, which commemorates the struggle, contributions, and achievements of women in the United States. Around the mid-1800s, women markedly began fighting back against poor working conditions with battles that eventually came to form Women's History Week in 1982 and Women's History Month in 1987. Despite women's tireless push towards equality and equity, the pandemic and its fallout have reversed some progress, with the fight for women's rights continuing today.

Each commemorative year provides a new theme honoring different initiatives that women have contributed to. This year's theme is [Celebrating Women Who Tell Our Stories](#) in honor of the authors, scholars, performers, songwriters, playwrights, mothers, and grandmothers who pass down history, heritage, and share life's lessons. Below is information and resources that can help to educate and celebrate Women's History Month in March and all year round.

- [National Women's History Alliance \(NWhA\)](#)
- [Women's History Month | womenshistorymonth.gov](#)
- [Women's History Month: March 2023 | census.gov](#)
- [National Women's History Museum](#)
- [Smithsonian Women's History Museum](#)

Leaders

- [Women Who Fought for the Right to Vote](#)
- [Women of Color and the Fight for Women's Suffrage](#)
- [Women in the Civil Rights Movement](#)
- [Famous & Inspirational Black Women in History](#)
- [Celebrating Native Women](#)
- [Hispanic and Latina Heroes](#)
- [20 Asian American and Pacific Islander Women to Know](#)
- [The Activism of Arab Women Artists](#)
- [Encyclopedia of Jewish Women](#)

Podcasts, Documentaries, and Movies

- [Women's History Month Podcasts](#)
- [The Vote | PBS](#)
- [Women | The Labor Film Database](#)
- [50 Films to Watch During Women's History Month](#)
- [Films about Women & Social Justice and Change](#)

Books

- [20 Best New Women History Books To Read In 2023](#)
- [Tell Her Story: Books for Women's History Month 2023](#)
- [Let It Shine: Stories of Black Women Freedom Fighters](#) (Features this book plus other books, films, and resources.)

Books and Movies for Kids

- [Our Top Picks for New Children's Books in 2023 for Women's History Month](#) (Preschool, Middle-Grade, and Teen)
- [Women's History Month: A Book Every Day](#)
- [Celebrate Women's History Month: Essential Films to Watch with Your Kids](#)
- [16 Women's History Movies and Documentaries for Kids](#)

Mental Health Resources

- [Office on Women's Health \(OASH\)](#) (Mental health resources for general support, survivors of abuse and trauma, teens and young adults, depression, eating disorders, and veterans.)
- [The MGH Center for Women's Mental Health](#) (Reproductive psychiatry resource & information center.)
- [Women Veterans' Mental Health](#)
- [National Maternal Mental Health Hotline](#) (24/7, free, confidential hotline for pregnant and new moms in English and Spanish. Call or text 1-833-943-5746 or 1-833-9-HELP4MOMS. TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.)
- [Postpartum Support International](#) (Call the PSI Helpline at 1-800-944-4773, #1 En Español or #2 English. Text "Help" to 800-944-4773. Text en Español: 971-203-7773.)