

## WOMENS MENTAL HEALTH SECTION

Women face different types of difficulties from birth until late adulthood, which increase their vulnerability to mental health problems. In developing countries, this primarily includes but not limited to wide range of discriminatory practices. Women have low economic and social independence in most of the stages of their lives, high exposure to domestic abuse and poor availability of resources at individual, familial and societal level to deal with the outcomes of these negative experiences.

This proposal of developing a section on 'Women Mental Health' in World Federation for Mental Health is an important step towards identifying pathways and developing programs which promote women's mental health in both developed and developing countries. The section on Women's Mental Health working under the umbrella of World Federation for Mental Health will provide education, advocacy and guidance to funding agencies, researchers, health care providers and policy makers thus result in development of strategies and effective response to address women mental health needs.

### **Plan of Action.** ---

1. **Re-activation** of the WMH Section, it would be valuable to conduct a survey of WMH needs in the developing world. Particularly, statistical data is limited in South Asia and the Eastern Mediterranean Region.
2. Advocacy for the rights of women, & protection of vulnerable groups in the community
3. The special need of migrant & refugee women is the call of the day!! The primary task will be is develop partnerships with the with refugee organizations.
4. Violence against women& trafficking of women is another significant mental health issue.
5. The above two cultural issues have a high profile globally and it will be one of my prime the duty as the Chair/President Section on WMH WFMH, to put in place training programmes and education of everyone concerned with teen age girls and women who suffer the barbarity of FGM leading to problems in childbirth. I propose to monitor this practice, by organizing workshops and short training courses with the Section members & NGO'S, working with women's issues in different regions designated by the WFMH.
6. WFMH, section on WMH, must practically focus on issues pertaining to working professional women. Women interpersonal and intrapersonal issues and conflicts are the major stressors in lives of working woman.

It is vital to elevate the status of WFMH to be the most vibrant, effective and globally acknowledged women's mental health organization