

## WHO: A focus on Women's Mental Health

A comprehensive plan to improve women's mental health requires action at several levels, including the development of policies and legislation, the provision of interventions through population-based settings, ensuring that community services and supports are adequate and accessible, supporting and promoting grassroots activities, and utilising media-based strategies to influence awareness of issues in the general community. The figure below gives a schematic representation of potential demonstration projects.

**Schematic representation of potential demonstration projects**

Policies and legislation	Education, training and structural interventions			Other community services and supports		
	Primary care	Worksites	Criminal justice system	Community services and support	Grassroots activities	Use of the media
<b>Project 1</b> To increase the awareness, will and commitment of governments in relation to women's mental health.	<b>Project 1</b> Development, implementation and evaluation of training programmes for primary care providers.  <b>Project 2</b> Development, implementation and evaluation of women's mental health programmes introduced into training curricula.	<b>Project 1</b> Development, implementation and evaluation of programmes in the workplace to improve women's mental health.	<b>Project 1</b> Training within the criminal justice system on violence towards women.  <b>Project 2</b> Introducing a course component on violence towards women into tertiary education curricula.	<b>Project 1</b> Review, evaluation and strengthening of community services to protect and promote women's mental health.  <b>Project 2</b> Review, evaluation and strengthening of community supports to protect and promote women's mental health.  <b>Project 3</b> Promoting community services and supports in hard-to-reach communities.	<b>Project 1</b> Facilitating the development of unified networks and collaboration between NGOs and women's groups in priority areas for women's mental health.  <b>Project 2</b> Developing and promoting a resource to stimulate grassroots activities	<b>Project 1</b> Providing a basis for lobbying to reduce the negative portrayal of women and to promote positive images of women.  <b>Project 2</b> Increasing community awareness of women's mental health and reducing the stigma associated with mental problems.  <b>Project 3</b> Advocating for improved mental health for women.  <b>Project 4</b> Promoting women's mental health through 'edutainment'.

Source:

[https://apps.who.int/iris/bitstream/handle/10665/67225/WHO\\_MSA\\_NAM\\_97.4.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/67225/WHO_MSA_NAM_97.4.pdf?sequence=1)