

mental health awareness **FOR WOMEN**



**1 IN 4 ADULTS
SUFFER FROM A
DIAGNOSABLE MENTAL
DISORDER IN A
given year**

THE **WOMEN'S**book®
www.the-womens-book.com

 **80% of 50 million people affected
BY VIOLENT CONFLICTS, CIVIL WARS
DISASTERS, & DISPLACEMENT ARE WOMEN AND CHILDREN**

**GENDER SPECIFIC RISK FACTORS FOR
COMMON MENTAL DISORDERS THAT
disproportionately affect women**
INCLUDE: GENDER BASED VIOLENCE, SOCIOECONOMIC
DISADVANTAGE, LOW INCOME AND INCOME INEQUALITY,
LOW OR SUBORDINATE SOCIAL STATUS AND RANK &
UNREMITTING RESPONSIBILITY FOR THE CARE OF OTHERS.

who.int/mental_health/prevention/genderwomens/en/
mhk.uk.gov/health/publications/the-womens-book-mental-disorders-in-emergencies/index.html

WOMEN- STRESS, MENTAL HEALTH, & WELL BEING

**International Women's day event 1st March 2017
4-7pm Arena Point, Hunts Bank M/cr M3 1UN**

UNISON North west regional women's committee are holding an event to address women and stress, mental health, health and well being, recognising increased work duties, caring responsibilities and a reduction in supportive service provision..

We will address women's mental health and well being in a climate of austerity, Women's safety. Young women's activism and involvement. Practical ways of dealing with stress. We will discuss how stewards can attempt to recognise signs and behaviours in order to better deal with and support mental health issues in the workplace.

There will be presentations, discussions, video presentation - How I became an asylum seeker, Women Asylum seekers together (WAST); Too much stress to be in politics? Labour councilor Jane Black outlines what's involved. Qi Wellness Manchester will demonstrate practical ideas on dealing with stress. We will also be utilising UNISON's resource and materials to provide activists with a toolkit for use in branches and in the workplace. **We will also be offering head and shoulders massage from Manchester Qi Wellness Centre to those who book early (twenty places available). Call Liz on 07825132907 or s.france@unison.co.uk & e.cameron@unison.co.uk**



**UNISON North
West Region
Women's
committee**

**International
women's day
event- Women,
Stress, Mental
Health&well being**

**UNISON
MEMBERS bring a
friend**

Discussion

Presentations

Food

**Women's safety &
young womens
activism.**

**Women in politics
Practical ways to
deal with stress**

Therapies

**Plus Information,
Practical tools**