



Our Programmes and Mental Health

DURGA INDIA AN INITIATIVE OF I'M EVERY WOMAN TRUST



Why is Mental Health Core to our Work?

Mental Health is a topic that is integrated deeply within all our programmes, be it Active Bystander Behaviour, Women and Girls or Men and Youth. Every module has an aspect with emotional check-ins where feelings and self-expression are given the utmost value. This is because, at Durga, we see the work that we do with Gender Based Violence has a great intersectionality with mental health.

We believe that even the idea of mental health, and support systems for it, are very classist and privileged. There is restrictive access to it for people who are marginalized on multiple identity levels.

Our lens

The framing for our work stems from a rights-based feminist lens in which intersectionality is the basis of what we do. At Durga, we want to build healing and redressal at the centre of rights as well, and hence this approach is core to all we do.

What do we do?

Every community we work with, has a module dedicated fully towards mental health. Aspects such as inclusion, listening and sharing, developing self-awareness, emotional self-regulation, building self-worth, empathy, developing assertiveness, navigating through conflict and responding appropriately in difficult situations form the structure of our modules.

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Take A Step: The Process

Our trained Take-a-Step counsellor is always available for the community through the sessions and also beyond, at any time that they may need help.

Take-a-Step prioritises offering support to help women to:

1. Stand up against abuse
2. Cope with distress
3. Navigate threatening situations
4. Find safety from violence
5. Enable physical recuperation
6. Gain emotional stability
7. Offer support until they bounce back to normal life
8. Foster emotional well-being
9. Offer access to appropriate constitutional agencies to report a crime
10. Guide on recourse and redressal options for justice
11. Provide emotional support to make informed decisions

If you or any woman you know is feeling unsafe and would need any kind of help/suggestions, please call our helpline at 9008212828

Empowered. Enabled. Equipped.



durgaindia1



@durgaindiaofficial

