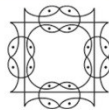


Towards a Gendered Understanding of Mental Well-being

23rd-24th April 2019,
Bala Mandir Research Foundation hall, Chennai

on behalf of Makkal Nalavazhvu Iyakkam Organised by



Sama

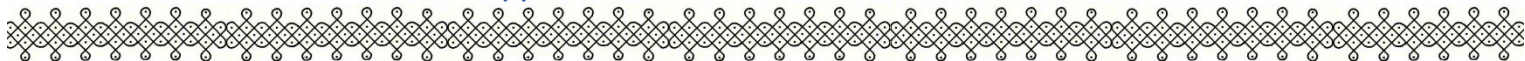
Resource Group for Women and Health



sochara
building community health

Society for Community Health Awareness
Research and Action

With support from :American Jewish World Service



In the last decade, in the backdrop of high suicide rates and increasing prevalence of depression and other common mental disorders, mental health and illness has emerged as an issue of concern. It is estimated that one in four people in the world will suffer from some mental disorder.

However, debates and discussions on the treatment and cure of mental illnesses and disorders have largely pivoted on a medicalized and biological model of intervention. Mental ill-health, in this lens, is seen as a product of chemical or hormonal imbalances and is sought to be treated through medicines and pharmacological interventions. This sidelines other, more important determinants of mental health such as gender discrimination, poverty, social exclusion and lifestyle-related stress. Without addressing these factors, it is impossible to achieve and promote mental well-being.

This workshop will bring together a small group of organisations, institutions and individuals especially from Tamil Nadu and Karnataka working on issues of public health including mental health, women's health and rights, disability rights, violence and sexuality. The workshop seeks to deepen understanding on the varied determinants and experiences of mental health issues, sharing of initiatives by organisations that strive to address mental health issues among diverse communities, and their implications for existing policy, programmes and legal provisions. We hope that the workshop will provide significant insights for advocacy and intervention in the area of mental health.

AGENDA

DAY 1 – 23 rd April		
Time	Session	Presenter
9.30 AM – 10.00 AM	Registration	
10.00 AM – 10.30 AM	Welcome and Introduction to the Workshop	Chair – Dr. Chandra, - former director, Social Pediatrics, Stanly Medical college, MNI Deepa/Gargi/Ameerkhan
10.30 AM- 11.30 AM	Contextualising mental health and well-being: Social determinants of health, emerging concerns 20 minutes to each speaker followed by moderated discussion	Moderator: Dr. Mani Kalliath Presentation of research findings of Interrogating Interruptions- Gargi Mishra, Sama Women and mental health – issues and challenges – Dr. Thara, Vice Chairman, SCARF
11.30 AM – 11.45 AM	Tea	
11.45 AM – 1.30 PM	Gender and mental health – socio, legal political perspective: 20 minutes to each speaker followed by moderated discussion	Moderator - Dr. Rajalakshmi, MNI Need of Contextualising and politicising of gender and mental health. Dr. Aravindhan, Institute of Mental Health, Chennai - Public mental health care: Gaps and opportunities – Professor. Shanmuga velayutham, Tamil Nadu People's Mental Health Forum & MNI Un Organised sector women workers and mental health – Mr. Shankar, Convenor, Thozhi network, Tamil Nadu & MNI
1.30 PM – 2.30 PM	Lunch	
2.30 PM – 3.45 PM	Marginalisation, vulnerability and Mental wellness 20 minutes to each speaker	Moderator: Ms. Saulina Arnold, MNI Working women and

	followed by moderated discussion	occupational stress- Dr. Shanthi, NFIW Occupational health of Women public health cadre and mental health – Comrade. Gomathi, Executive president, Village Health Nurse Association, Tamil Nadu & MNI Mental health issues of the LGBT community – Ms. Jaya, General manager, Sagodharan, Chennai
3.45 PM – 4.00 PM	Tea	
4.00 PM – 5.30 PM	Mental health services: Users' experiences 20 minutes to each speaker followed by moderated discussion	Moderator: Dr. Shanmuga Velayudham Experience of community mental health care – Dr. Mani Kalliath, Bangalore. Community based mental health care – Experience of SCARF by Mr. Kotteswar Rao, Co-ordinator, Community projects, SCARF, Chennai. Experience and challenges in community mental health care – Mr. Chandra Sekaran, Udhavum Ullangal, Vellore Scope and challenges of District mental health program in addressing marginalisation in Tamil Nadu – Dr. Karthick Deivanayagam.

DAY 2 – 24th April 2019		
9.30 AM – 11.15 AM	Reimagining mental health care: experiences, strategies, insights 20 minutes to each speaker followed by moderated discussion	Moderator – Mr. Shankar Mental health for people living with HIV- Ms. Kausalya, President PWN+ & MNI Homeless Women and Mental Health – Ms. Preetha Krishnadas, Banyan, Caste, manual scavenging and mental health- Mr. Obalesh
11.15 AM- 11.45 AM	Tea	
11.45 AM – 1.00 PM	Discussions on advocacy strategies & concluding remarks	Moderated by – Ameerkhan & Deepa
1.00 PM onwards	Lunch	