

Adversity and Woman's Mental Health: Care for Woman is care for Family, Society and Human Rights

A PLEA for women's foccused treatments in Alcohol and other addictions and mental health

Due to:

- biological factors and differences
- cross-cultural role-playing
- fastest growing population
- **stigma** related to female alcoholism is much more present than for male alcoholism
- lack of mechanism for coping stress followed by lack of self-esteem and self-confidence and depression
- triad addiction, violence, depressive symptom trigger for big depression & comorbidity

Depression and addiction rate in women → alarm

- 80% of women treated by clinical psychologist for addiction, or for general psychological problems (depression-anxiety-neurotic symptoms) **experienced violent communication and aggressive behaviour and required counselling** /Hospital Popovača, Croatia/
- significant percentage started with addiction while living with a partner prone to addiction, or experienced addiction in the primary family
- increased number of measures for obligatory treatments of male alcoholism- issued by the Law
- woman has a multitasking role and decreased capacity to cope in the family/profession

Support should include strictly planned steps and continuous treatment and follow up:

- new way of upbringing and learning is needed: **early education** in the family on the dangers of addiction

e.g. while taking mother's role - women tend to stay silent
- violence and aggression is increasing worldwide
- lack of **empathy** is prevailing

WHAT CAN EACH OF US DO? IT'S TIME TO ACT!

Plan to be supported by responsible institutions, educated professionals, in cooperations with NGOs and civil society & close multidisciplinary cooperation:

Ministries of Health, Education, Law, Police, Social Care, Family centers with a program in healthy lifestyles, preventive actions and indication for triage by Hospital's specialized teams

