

## **MENTAL HEALTH WORKSHOP**

### **‘HEALTH MATTERS’**

Mental health care is recognised as an integral factor of both physical and mental wellbeing. The need for increased attention to mental health has been repeatedly emphasized in the present day. Taking this into consideration, DidiBahini Samaj Victoria (DBSV) in partnership with Neami National also organised the mental health workshop “Health Matters: Live empowered” intending to highlight the significance to balance and strengthen health and well-being and promote mental health care. The sessions were facilitated by Reshika K.C (CALD Engagement Worker, Neami National) and were co-facilitated by Dr Jamuna Parajuli (President, DidiBahini Samaj Victoria). Health matters seven weeks workshop commenced from March 27, 2021, and was facilitated via a digital platform, Zoom. The workshop contained both individual and group sessions. The workshop brought together a total of 9 women from the Nepalese community to share their experiences and issues related to wellbeing and mental health. Participant’s handbook was distributed among the group members before the beginning of the workshop outlining all the discussion topics and activities.

***Health Matters consisted of 7 workshops, 4 of which were group workshops and 3 were individual sessions. The content of the sessions was:***

1. Understanding my health (Group workshop)
2. Coming to know what matters (Individual session)
3. Looking after my physical health (Group workshop)
4. Deciding what to do (Individual session)
5. Busting barriers to change (Group workshop)
6. Giving it a go (Individual session)
7. Wellness planning (Group workshop)

The sessions rightly aligned with the significance of wellbeing and mental health awareness. Making this its focal point, the sessions consisted of open and interactive discussions and presented the opportunity to explore and discuss mental health issues. In addition, the workshop consisted of group activities and interactions aimed to provide participants with an opportunity to connect with and learn from one another and to learn for self and develop the confidence and belief that they oversee, their health and wellbeing. The enlightening aspects of the workshop supported health literacy and achieving better awareness of an array of wellbeing strategies and tools.

Hence, each session was devoted to improving mental health care by focusing on such mechanisms as identifying what is important, strategies for managing situations to lessen the effects of mental health issues, enhancing wellbeing, and overall promoting quality of life.