

“Let’s Engage”

Women's Mental Health

Dr. Monali Deshpande
Consultant Psychiatrist
Aurangabad (Pankh NGO)

Challenges , Vulnerabilities and strengths

Out line of lecture- 45 mins.

15 min. Q& A Session

Adolescent Age

- ❖ Acceptance
- ❖ Self esteem
- ❖ Identity
- ❖ Mood ...response to menarche
- ❖ Sexual Behaviour
- ❖ Deliberate self harm
- ❖ Carrier
- ❖ Addiction
- ❖ Internet abuse

Common Disorder Seen

- ❖ Depression Disorder
- ❖ Anxiety Disorder
- ❖ Substance Disorder
- ❖ Eating Disorder

Adulthood (20-39)

- ❖ Marriage
- ❖ Pregnancy
- ❖ Infertility
- ❖ Motherhood
- ❖ Working women's dilemmas
- ❖ Interpersonal Issues

Middle age

- ❖ Increased independence , responsiveness
- ❖ Age of realization
- ❖ Empty nest syndrome
- ❖ Menopause
- ❖ Retirement
- ❖ Responsibilities-care givers+ grandchildren
- ❖ Losses - Parents/Spouse

Old age

- ❖ Disorders of mood, sleep
- ❖ Dementias
- ❖ Grand parenting

Specific Disorders

- ❖ Depression
- ❖ Anxiety Disorder
- ❖ Phobia
- ❖ Panic Disorder
- ❖ Obsessive Compulsive Disorder
- ❖ Mood Disorder
- ❖ Psychotic Disorder
- ❖ Sexual Dysfunction
- ❖ Substance abuse Disorder
- ❖ Premenstrual Dysphoric Disorder
- ❖ Menopause

Treatment

- ❖ Pharmacotherapy
- ❖ Cognitive Behaviour Therapy
- ❖ Mindfulness
- ❖ Psycho education

Myths

1. Stress is common, don't pay attention.
2. Women are complain box
3. Cry babies
4. Attention seekers
5. Oversensitive, overemotional

Cont...

6. Illogical, nonsensical

7. They have no stress in household work

8. Working women do light work and are given less targets.

9. They cant handle life.

10. Its hormonal, ignore

FROM THE OUTSIDE
LOOKING IN,
IT'S HARD TO
UNDERSTAND.

FROM THE INSIDE
LOOKING OUT,
IT'S HARD TO
EXPLAIN.



