

# WOMEN, ACTIVISM & MENTAL HEALTH



“Finding a Space for me Outside the Stereotypes”: Building Service Provider Capacity

## WHAT:

This study aims to explore and build on settlement and mental health service providers' capacity in using activism to promote mental health and wellbeing among racialized immigrant women.

## WHY: ?

Immigrant women often experience a disproportionate share of mental health issues. Prior research has demonstrated a link between activism and mental health and shows that women's activism can benefit individuals and communities.

Our focus is on service providers who play important roles in promoting mental health.

## HOW: ⚙️

Qualitative methods are employed through focus groups with service providers offering settlement or mental health services in the GTA.

Once an understanding of activism-based mental health promotion is identified, resources to build capacity will be developed.

## FROM RESEARCH TO PRACTISE:

A Community-Based Research study in 2014 explored the relationship between:



**WOMEN**



**ACTIVISM**



**MENTAL HEALTH**

Findings show that immigrant women's **activism benefits their mental health**, well-being and their communities

This led to the identification of the need for **activism based resources** to support immigrant women & service providers

This new study supports women by **actively building service provider capacity**

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