

VIOLENCE HAS SEVERE MENTAL HEALTH CONSEQUENCES

**AS A COUNSELLOR DEALING WITH SURVIVORS OF VIOLENCE,
IT IS YOUR DUTY TO:**

- **Include mental health as an essential component of survivor assessment**
- **Identify signs and symptoms of mental distress**
- **Assess tendencies of self-harm**
- **Assess if survivor has suicidal thoughts**
- **Provide necessary support and referral if needed**
- **Psycho-educate the survivor and her family**

**STOP THE STIGMA
SUPPORT MENTAL HEALTH AWARENESS**