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# HEROINES

## EMPOWERMENT OF WOMEN WITH MENTAL HEALTH CHALLENGES LIVING IN RURAL AREAS THROUGH WRITING THERAPY

Women with mental health challenges living in rural or isolated areas are more exposed than others to gender violence. Most of these women never identified and report these episodes.

HEROINES is a training course to empower women with mental health challenges, making them aware about their rights, different kinds of violence and about unfair situations that they usually accept as normal.

Empowerment is natural for anyone, but in the case of those with mental health challenges is simply vital. We need to make them aware about their value as human beings and facilitate these women the way to see that they can do whatever they want to, regardless their gender, health or social condition. Education is our weapon against gender violence!

More info at [www.heroines-project.eu](http://www.heroines-project.eu)

