International women's organisation asks members to make 'Time to Talk'

Wednesday 6 February, 2019

Soroptimist International of Great Britain and Ireland (SIGBI) Ltd is asking members to make 'Time to Talk' on 7 February, as part of their campaign to raise awareness of the mental health issues that affect women and girls.

Time to Talk on 7 February, is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, it's just about getting talking.

SIGBI Federation President Sue Williams is using her presidency year to encourage all members to 'Think on It' by incorporating mental health awareness into their club activities. Time to Talk Day fits in really nicely into this theme and is a great opportunity for members to kick starts their campaigns.

Some shocking statistics:

- 29% of women have mental health issues compared with 17% of men.
- 30-60% of women with mental health problems have experienced domestic violence.
- 2/3 of dementia cases are women.
- 1 in 12 young women self-harm.
- 20% of women have PTSD compared to 8 % of men.
- 56% of young trafficked survivors have depression.

"Good mental health is fundamental to thriving in life. It is the essence of who we are and how we experience the world. Yet, compared to physical health, so little is commonly known about mental ill health and how to prevent it. That must change", said Sue Williams, SIGBI President.

President Sue looks forward to working with Clubs to raise awareness of these issues.

Notes to Editors

For more information about the work of Soroptimist International of Great Britain and Ireland, or this Press Release, please contact Gina Coad, Executive Officer, Soroptimist International of Great Britain & Ireland (SIGBI) on 0161 480 7686, email hq@sigbi.org website www.sigbi.org

1. Web addresses:

www.sigbi.org

www.soroptimistinternational.org

2. With the name taken from the Latin 'soror' for sister and 'optima' for the best, Soroptimist International is a leading global women's voluntary organisation. It has close to 80,000 members in more than 3,000 Clubs in over 100 countries around the world. The Federation of Soroptimist International Great Britain and Ireland (SIGBI) has 7,500 members in 322 clubs in 28 countries including the British Isles, Africa, Asia, the Caribbean and Malta.

3. Soroptimists **inspire action** and create opportunities to **transform** the lives of women and girls through a global network of members and international partnerships. Soroptimists are committed to a world where women and girls together achieve their individual and collective potential, **realise aspirations** and have an **equal voice** in creating strong and **peaceful** communities worldwide.

Related Sectors:

Charities & non-profits :: Health :: Leisure & Hobbies :: Lifestyle & Relationships :: Women & Beauty ::

Related Keywords:

Women :: Mental Health :: Women's Organisation :: Domestic Violence :: Dementia :: PTSD ::

Scan Me:

4. Soroptimists focus on transforming the lives of women and girls, locally, nationally and globally, through **education, empowerment and enabling** initiatives. Soroptimists make a difference to the lives of more than half a million women and girls in the world every year.

5. Soroptimist International Great Britain & Ireland is an organisation in Special Consultative status with the UN Economic and Social Council since July 2013, which is in addition to the General Consultative status held by the umbrella organisation Soroptimist International. Soroptimist International is a recognised Non-Governmental Organisation (NGO) representing women from all over the world.

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