

P03-501

WOMEN'S MENTAL HEALTH PROMOTION: A COUNSELING SERVICE FOR WOMEN IN CRISIS

D. Markovic-Zigic¹, B. Vukovic¹, A. Milicevic-Kalasic²

¹Psychiatry, CHC'Dr Dragisa Misovic', ²Institute of Gerontology, Home Treatment and Care, Belgrade, Serbia

Counseling Service for Women in Crisis is an out-patient unit of the Department of Psychiatry (Clinical Center "Dr Dragisa Misovic) engaged in mental health prevention. It was established in co-ordinance with contemporary directives of the World Health Organization which emphasizes health care for women as one of its priorities. The service addresses clients with coping problems during biological and/or psychosocial transitional and crisis periods. Members of the professional team are: a female psychiatrist-psychotherapist also trained in other aspects of women's health, family therapist, social worker, relaxation therapist and nurse with additional midwife skills. When treating women in menopause, pregnancy and confinement cooperation with departments of gynecology and obstetrics is regular and reciprocal. In addressing pregnant and breast-feeding clients non-pharmacological methods are first choice therapy (psychotherapy, relaxation, acupuncture). Psychosocial adverse events reported by our clients (marital conflicts, divorce, abuse, bereavement, loss of job, mobbing...) often require collaboration with social services, legal organs and non-government organizations. Care-givers of oncology and dementia patients with psychosomatic problems are referred to us as well as women after diagnosis and treatment of breast cancer by relevant departments and institutions. This service with its multidisciplinary approach is a contribution to contemporary programs of mental health prevention in Serbia.