

DA HAWWA LUR

Tele-Counseling for Women, Girls and Transgender by Da Hawwa Lur

ISSUES HIGHLIGHTED



Fear of being affected by corona.



Stress, Depression and anxiety due to lockdown.



Financial issues due to the current situation.



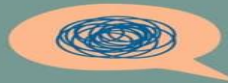
Relationship problems.

Tele-Counseling

for Women, Girls and Transgender

"Aur baat karain .Q k baat kma Zarori hai"

Feelings of worry and unease can be expected during the Covid-19 Pandemic, but it's important to manage our stress before it turns into more severe anxiety or panic. If you're really overwhelmed or feeling anxious more days than not, that's when you need to be seeking some support. Try to give words to your feelings and talk to us , because mental health is as important as physical health .



Timing: 10:00 am- 04:00 pm
Contact: 0336-2046655
Days: Monday -Friday.

www.dahawwalur.org

Da Hawwa Lur initiated a free Tele-Counseling services for women, girls and transgender persons in Khyber Pakhtunkhwa as a step to counter the stress, anxiety and fear caused during the lockdown because of COVID-19. The services were started from 1st May, 2020. The purpose of the initiative is to

provide people with a platform where they can seek support in terms of coping with their mental stress and improve their mental health to better survive the impacts of COVID-19. Feelings of worry and unease can be expected during the Covid-19 Pandemic, but it is important to manage stress before it turns into more severe anxiety or panic.

Total number of people reached out for support through Tele-Counseling were 23 in total in one-month period out of which Twelve were women, ten Transgender persons and a male.

Psychological health is as important as physical health. Da Hawwa Lur is planning to continue this service for next three months. We are planning to cover the larger population so that everyone can take advantage of this service.

Distribution of Relief Packages and Hygiene Kits

Today the whole world is fighting a deadly pandemic and there is an emergency situation with partial lockdown across the globe. The COVID-19 has impacted almost every segment of the society. It has not only increased risk of domestic abuse and other forms of gender-based violence but also unemployment and decreased economic activities leading to increased risk of depression, aggression and episodes of violent behavior among people. The ongoing situation has also adversities to transgender community. In many cases, transgender persons are at greater risk of both economic and health complications than the common people because of their

experiences with extreme poverty and health disparities as compared to other people.

To help provide relief to transgender community and poor households most affected by the lockdown due to COVID-19 threat, Da Hawwa Lur distributed 100 ration bags and 100 hygiene kits among transgender and women in district Peshawar, Nowshera, Mardan and Charsadda to cushion COVID-19 effects and prevent its spread. The hygiene kits distributed by Da Hawwa Lur ensured that vulnerable populace is safe and protected from COVID-19.



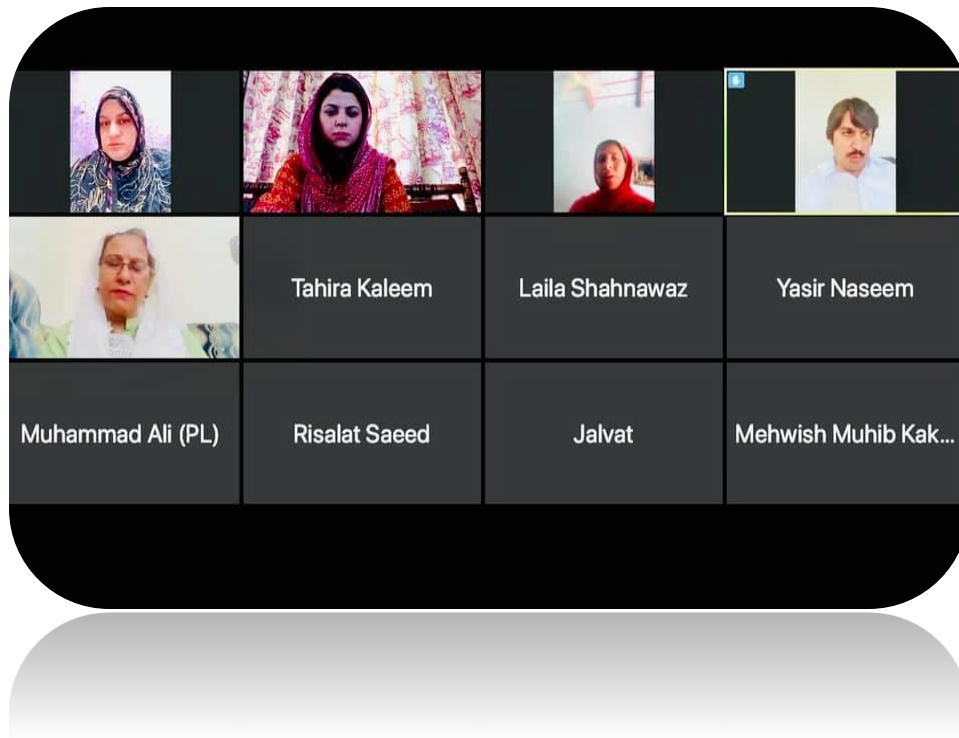
In the difficult time of COVID-19, Da Hawwa Lur team is putting all their efforts to help the one's in need. We are preparing relief packages for women and transgender persons in need in KP.



Program Officer Making Hygiene Kits for women, girls and trans genders in need.

After assessment of beneficiaries issues during lockdown, Da Hawwa Lur has provided robust support to them by distribution of ration bags and Hygiene Kits and through Tele-counseling services. All the activities planned in response to COVID-19 went quite productive and fruitful.

Da Hawwa Lur is planning to continue tele-counseling for next three months to cover large population who are facing psychological problems and issues.



Virtual Meeting on the Issues faced by Working Women/Transgender during COVID-19 in KP.

A great discussion on Issues Faced by Working Women/Transgender during COVID-19 in collaboration with Directorate of Labor KP. Ms.Arzoo Khan(Manzil foundation), Ms.Tahira Kaleem(Enlight Lab), Ms.Tajmina(Women Home Based Worker Union) and Mr.Wajid Ali(Labor Department KP) for joined as panelists.

Ms. Shawana Shah facilitated an introductory session of the participants. She stated that the current pandemic has brought the entire world to a grinding halt. Within few days of lockdown, businesses big or small have come to standstill. In this scenario, Home-Based workers are the most vulnerable as they used to produce the goods from in or around their homes. Due to current lockdown their access to the markets has been limited which has resulted in acute loss of their daily income. To this end, she mentioned Da Hawwa Lur is holding a

virtual meeting, the basic purpose of which is to have a dialogue on the issues of working women and possible initiatives that can be taken by Labor Department and CSO's. Some RECOMMENDATIONS were made by the end of the meeting as follows:

1. Government and Labor Department must play their role in ensuring job security of both formal and informal workers.
2. Government must provide safety nets and women friendly supply chains for rural women to maintain their small scale businesses.
3. The Labor Department can play a vital role in registration of women workers and transgender through the data available with CSO's under Ehsaas Relief Program.
4. The CSO's in order to reach out to the wider communities' specifically in rural parts should disseminate the information on the available services through radio and IEC material.