

Mental Health and Wellbeing Guides and Articles for WHRDs

The WPHF is indebted to the research of [Freedom House](#), which compiled the following list of resources

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- *Asia Pacific Forum on Women, Law and Development* (2007) [Claiming Rights, Claiming Justice: A Guidebook on Women Human Rights Defenders](#)

This guidebook is meant to help raise awareness and provide tools around the issues women and LGBTQ+ human rights defenders face. It works to shed light on and mitigate the risks WHRDs face by looking at specific gender-related types of human rights violations and providing tools for protection.

- Association for Women's Rights in Development [List of Materials and Resources for Women Human Rights Defenders](#),

This compendium provides a list resources for WHRDs concerning self-care, self-defense, and human rights documentation and monitoring, and other topics relevant to HRDs, including sexual orientation and religion.

- Association for Women's Rights in Development (2014) [Our Right to Safety: Women Human Rights Defenders' Holistic Approach to Protection](#)

This publication focuses on protection initiatives put in place by the State as well as regional and international multilateral institutions, emphasizing that states have the primary responsibility to guarantee protection of WHRDs and should be held accountable for fulfilling this responsibility.

- [The Astrea Collective Care Blog](#)

This blog was created during the coronavirus pandemic to share tools and resources to help marginalized communities and movements continue their work during this time.

- Barry, Jane and Dordevic, Jelena (2007) [What's the Point of Revolution if We Can't Dance?](#) Urgent Action Fund for Women's Human Rights

This book examines the experiences of more than 100 activists globally, providing an insights into the personal side of activism that can lead to psychological trauma and fatigue.

- Chigudu, Hope (2011) [Heart-Mind-Body: Creating Organizations with Soul](#), Just Associates

This article summarizes the outcomes of a workshop held for Zimbabwean WHRDs as part of the Heart—Mind—Body program, an innovative strategy lead by JASS Southern Africa that puts women's wellbeing, integrity, and safety at the center of sustained women's organizing and movement-building.

- [Equality Now \(2023\) Guide and Guidelines on the Protection of Human Rights Defenders in Africa](#)

This resource sets out the legal and policy framework that guarantees the rights of women human rights defenders and establishes obligations to respect, promote and fulfil these rights by African States.

- FRIDA The Young Feminist Fund (2016) [Practicing Individual and Collective Self-Care at FRIDA](#) (2016)

This short guide examines how FRIDA staff members and other WHRDs may practice individual and collective self-care. The article also links to a [list](#) of FRIDA's working style and principles for employee wellbeing.

- Hernández Cárdenas, Ana Maria and Telley Méndez, Nallely Guadalupe (2018) [Creating a healing space for Women Human Rights Defenders](#), Open Global Rights

This article presents the guiding principles and best practices of Casa La Serena: a space dedicated to the self-care and wellbeing of women who are activists and defenders in the national chapters and networks of IM-Defensoras in El Salvador, Guatemala, Honduras, Nicaragua, and Mexico. A longer 2018 research article by the pair on the same subject can be found [here](#)

- Madre (2022) [Crossing Borders: A Guide for Afghan Woman Human Rights Defenders](#)

This guide aims to enhance Afghan human rights defenders' understanding of the process of crossing borders in the current context, including analysis of the threats and risks, as well as providing reliable resources for relevant information.

- Marina Bernal (2008) [Self-care and self defense manual for feminist activists](#) (2008) Artemisa, Elige and CREA

This self-help manual written by Marina Bernal and others with the collaboration of Artemisa, Elige and CREA, proposes to feminist activists to undertake a journey of self-exploration, in order to learn to build their own self-defense strategies.

- Norwood, Ginger (2013) [Promoting Self-Care and Well-Being Among Feminist Activists and Women's Rights Defenders: Reflections from Burma and Palestine](#), Women for Peace and Justice

This paper explores self care and well-being for feminist activists and WHRDs, touching on the role of spirituality and social action in well-being. Importantly, it analyzes self care and well-being workshops in Burma and Palestine, to produce an analysis that is useful for other organizers.

- [UN Women \(2022\) Recommendations on the Protection of Woman Human Rights Defenders at Risk in Migration Contexts](#)

These recommendations underscore the critical role migrant women human rights defenders play in securing the rights of people on the move. They serve as a call to action to all stakeholders to recognize and address the risks facing migrant women human rights defenders and put in place measures to promote and protect human rights unhindered so that migrants in all their diversity can live, work, and move safely and with dignity.

- Vultier, Tanja (2019) [Activism and health: protecting women through psychosocial support](#), Peace Brigades International

This interview with Tanja Vultier highlights why psychosocial and gender-sensitive support is critical for human rights defenders. Vultier was the coordinator of PBI's regional Latin American project from 2017 to 2019 with the Iniciativa Mesoamericana de Mujeres Defensoras, financed by Dutch development cooperation.