



## Psychosocial Counseling of Women

### Regain Happy Marital Life

### Success Story

The past years of conflict and turmoil have been particularly harsh for women and girls all over Afghanistan where thousands of women are in high need of psychosocial support. Poverty along with small nutrition and less education amongst the women has increased the risk of poor mental health of women and increases their vulnerability to mental morbidities.

NSDO is working to improve the mental health of women living in distress conditions through psychosocial counseling.

Kubra the resident of Imam sahib village is one of those women who have been through these mental hardships. Kubra was living a happy life after her marriage in the year 2010. Suddenly the blessings of peaceful and happy life eroded from her life and the happiness turned into everyday distress and mental torture. Both the husband and wife suffered this stigma, however, women being the less powerful had to bear more. The continuous episodes of quarrels and domestic violence spoiled not only the life of husband and wife but also the whole family and children were on fire.

Says Kubra – “ Our marital life was going smoothly, the economic earning of my husband was enough to live a happy life even though he was financially supporting one of his close relatives but still it was quite normal in our life. However, in the beginning of last year, the earnings of my husband started to decline and forced all of us to rely on very limited resources. But within these limited earnings my husband still continued the economic support of his relative . This generosity of my husband even in low-income times raised many thoughts and questions in my mind and later on these thoughts turned into actions and everyday quarrels. I started feeling worthless. I raised a great anger for my husband”.

Kubra was not able to cope up with this situation. Low economic income has played a major role in the development of her mental syndrome. One day the blessing of God happened when one of the psychosocial councillors of NSDO approached her at her house. Kubra was given scores of psychosocial sessions and advised by the trained councillors at her village on regular intervals.

Says Kubra – “ Everything has returned to normal, the happiness has returned back in our life. The psychological support sessions helped me to regain my confidence and remove many of the lame misunderstandings. One of my sisters told me about this.

