



*A voice for women's mental health*

# **The Wish Model**

Why the Women's Mental Health  
Network is needed

# Stages of the Wish Model

1. Common/shared experiences

2. Coping mechanisms that women use

3. How the system fails them

4. The effect that this has on women

5. How these women are failed again

6. The support that they need to create positive change

## **I. Common/shared experiences**

- Trauma and abuse (physical, emotional, psychological, sexual)
- In care or troubled family life
- No/few qualifications or work experience
- Poor self-image, low self-esteem and lack of confidence
- Not having someone who believes in you, abandonment

## **2. Some Coping Mechanisms**

- Drugs and alcohol
- Eating disorders
- Self-injury
- Dependency, harmful relationships
- Prostitution
- Creating fictional realities

## **3. How the system fails them**

- Narrow focus of educational system
- Lack of appropriate listening and support mechanisms
- Lack of early intervention
- Care system's inadequacies
- Lack of family support
- Inflexibility and disjointedness of services
- Stigmatising

# 4. The effect that this has on women



**This creates women with:**

- Complex needs
- Mental health needs
- Personality disorders
- Criminal convictions
- Vulnerabilities

**These women find themselves:**

- In the mental health system
- In the criminal justice system
- Homeless
- In drug and alcohol services
- Struggling in the community
- In abusive relationships
- With children in care

## **How these women are failed again**

- Medical model
- Disjointed services
- Absence of meaningful relationships
- Insufficient support
- Blame, stigma and punishment
- Locking people in their labels
- Lack of recognition for motherhood
- Disempowering practice and isolation



## **The support that they need to create positive change**

- Social model approach
- Integrated within and across services
- Building meaningful relational security
- Intensive support at all stages of the woman's journey
- Validation, positive regard and respect
- Belief in the possibility of change and recovery
- Acknowledging motherhood
- Empowerment-based models, genuine involvement and support networks