



## United Nations Activity Report

“Mental Health: Break the Silence, Reduce Inequalities and Promote Social Inclusion” was presented by [Global Girl Power](#) on Tuesday, 12 March 2019 at the United Nations Church Center, New York NY, United States.

### Report Submitted by Valerie Clary-Muronda, Sigma United Nations Liaison

This panel presentation discussed the importance of mental health for girls. Topics included cultural taboos and subsequent barriers, the long-term effects of post-traumatic stress disorder in girls, and the importance of addressing mental health issues in girls and offering treatment and support to girls. Causes of mental health trauma in girls were discussed such as female genital cutting, human trafficking, physical and sexual abuse, and harmful traditional practices. The importance of getting to the root of these atrocities and educating girls about their rights and available resources was also discussed.

This topic addresses many [Sustainable Development Goals](#) (SDGs) directly and indirectly. Girls grow to become women, and protecting and advocating for mental well-being in girls is a precursor to the health and well-being of families, and subsequently, communities and populations. SDG 1-Poverty; SDG 3-Good Health and Well-Being; SDG 4-Quality Education; SDG 5-Gender Equality; SDG 8-Decent Work and Economic Growth; SDG 10-Reduced Inequalities; SDG 11-Sustainable Cities and Communities; and SDG 16-Peace, Justice and Strong Institutions are all directly and indirectly affected by the mental well-being of girls and young women.