



# WELL-BEING PROGRAM

FINAL REPORT - 2022



HEINRICH  
BÖLL  
STIFTUNG  
DERNEĞİ  
TÜRKİYE  
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 **PROTECTION**  
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# INTRODUCTION

**EVEN THOUGH 2022 WAS A CHALLENGING YEAR FOR LGBTI+S' THE WELL-BEING PROGRAM LED TO POSITIVE INTERVENTIONS FOR THE WELL-BEING OF MANY ACTIVISTS AND ORGANIZATIONS IN 2022, MOTIVATING ORGANIZATIONS AND INDIVIDUALS TO WORK ON THEIR OWN WELL-BEING, TO THE POINT THAT THIS IS POSSIBLE AND NECESSARY.**

Aiming to strengthen LGBTI+ communities and activism, May 17 Association has launched the Wellbeing Program as of August 2021, within the scope of its efforts to achieve this goal. The program, designed to increase the well-being of LGBTI+ activists and institutions, aims to improve the state of well-being with individual and institutional support, to emphasize the issue of well-being in the institution where the activists work, and to strengthen LGBTI+ Human Rights Defenders against the discrimination and violence to which they are systematically exposed. Thanks to the support of the Heinrich Böll Foundation, the program continued to grow in 2022 and facilitated the opening of a new field for many activists and institutions.

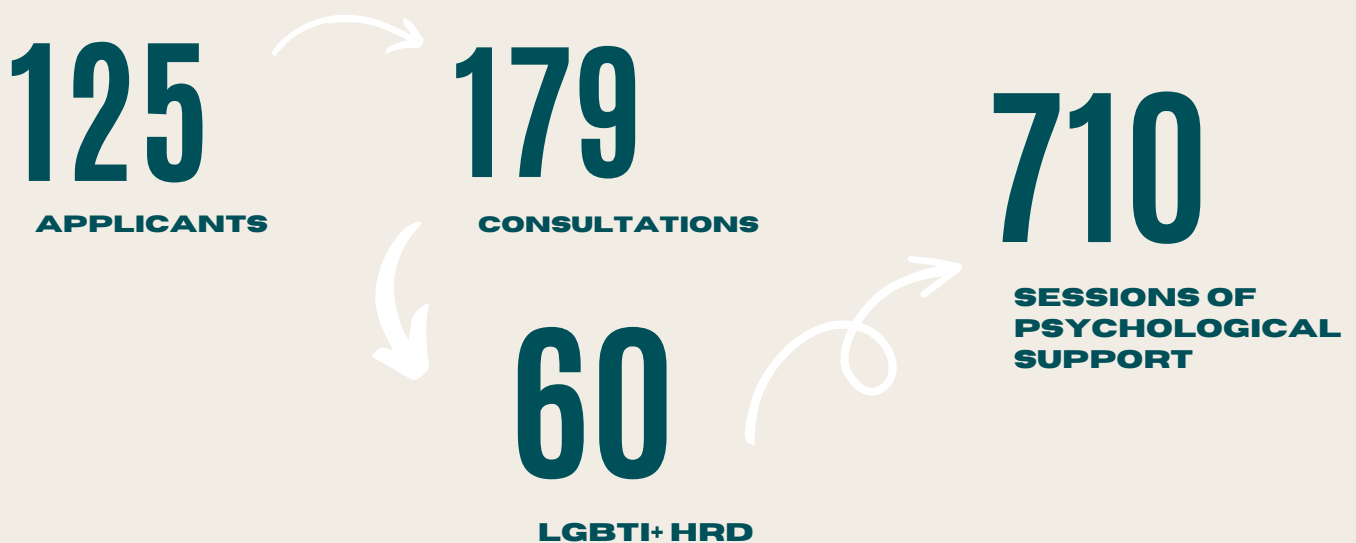
Within the program; a total of 710 sessions of psychotherapy support were provided to 60 LGBTI+ activists in 2022. Organizational well-being training was organized for 4 LGBTI+ organizations, four supervision training were given to 48 mental health professionals, and nine capacity-building trainings were organized for 98 mental health professionals in total. In addition, six well-being workshops were organized for 77 people working in the field of LGBTI+ and intersectional rights, and 727 LGBTI+ people in total attended 20 well-being meetings.

During the planning phase of activities for 2022, both the current agenda of the country and the feedback received in 2021 were considered. However, while working for well-being, the increase in hate speech towards LGBTI+s on the country's agenda, increased violence and police interventions against LGBTI+s, bans on honor weeks and events, family marches and discriminatory bills in the parliament have adversely affected the well-being of both individuals and organizations. For this reason, it has been revealed that people's well-being can be increased with individual and organizational support, but the increasing violence in the general country agenda makes this very difficult. Despite all this process, the concept of well-being, which managed to be on the agenda of both the LGBTI+ movement and the human rights movement in 2022, reaffirms the need for sustainable activism.

# INDIVIDUAL WELL-BEING SUPPORT

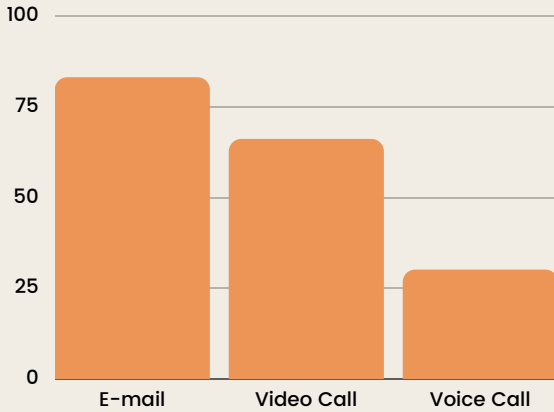
Within the scope of the program, calls were made for individual support twice during the year. Especially considering that June will be a busy month, these periods are; It was determined as February–May and July–December. In this direction, calls were made in both periods, short list interviews and referrals were made, and everyone who applied was responded to. The applications were evaluated together with the project coordinator and the advisory board and the final list was revealed.

A total of 125 applications were received in both call periods of the program. From these applications, individual support services were provided to 60 people (30 for each term). Others were referred to the relevant support mechanisms. Individual support application process; Scoring the applications of individuals according to impact and need, then creating a short list, conducting interviews with the people on the shortlist and directing them to the relevant places. A total of 710 sessions of psychotherapy support were provided to 60 LGBTI+ human rights defenders, whose foresight was positive. Support was provided by 19 psychologists from the well-being support network. The sessions were determined together with the psychologist according to the needs of the client, between 5 and a maximum of 12 sessions.

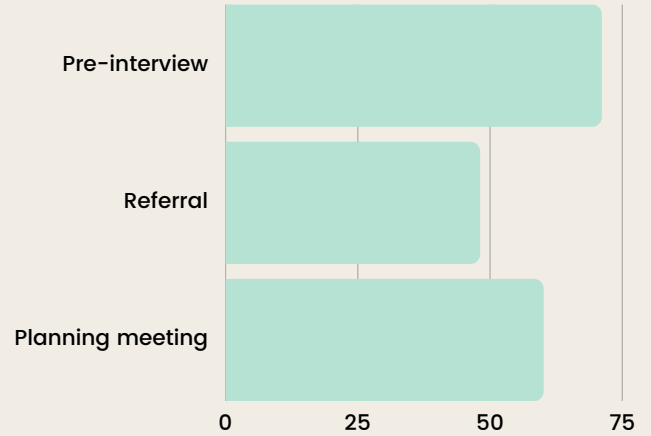


# CONSULTATIONS PROVIDED BY PROJECT COORDINATOR

## Consultation Tools



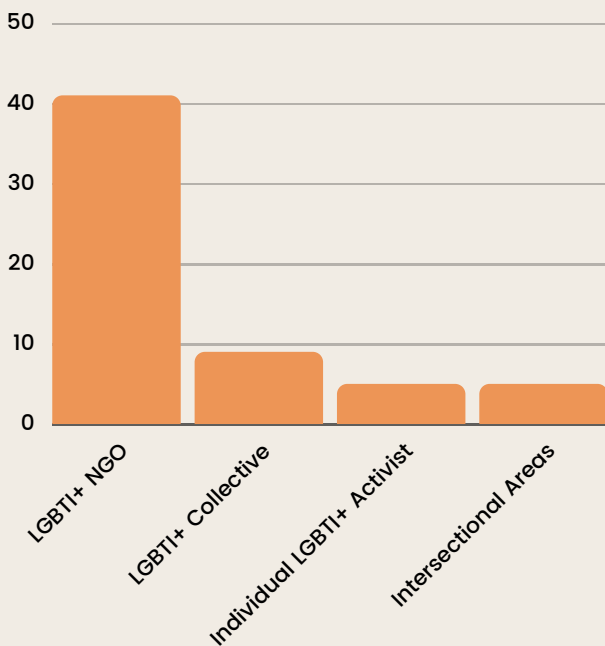
## Type of Consultation



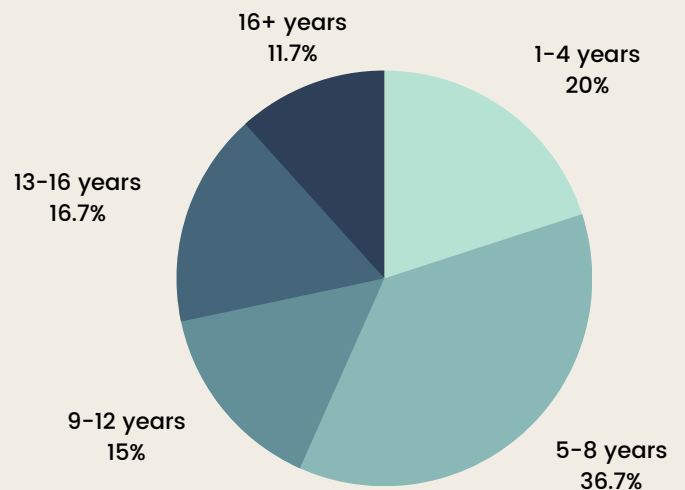
# INDIVIDUAL WELL-BEING SUPPORT FOR LGBTI+ HRDS

Out of 60 activists who received the support, the number of years they spent in activism and the places where they organize are as follows:

## Where activists organize



## Years spent in LGBTI+ activism

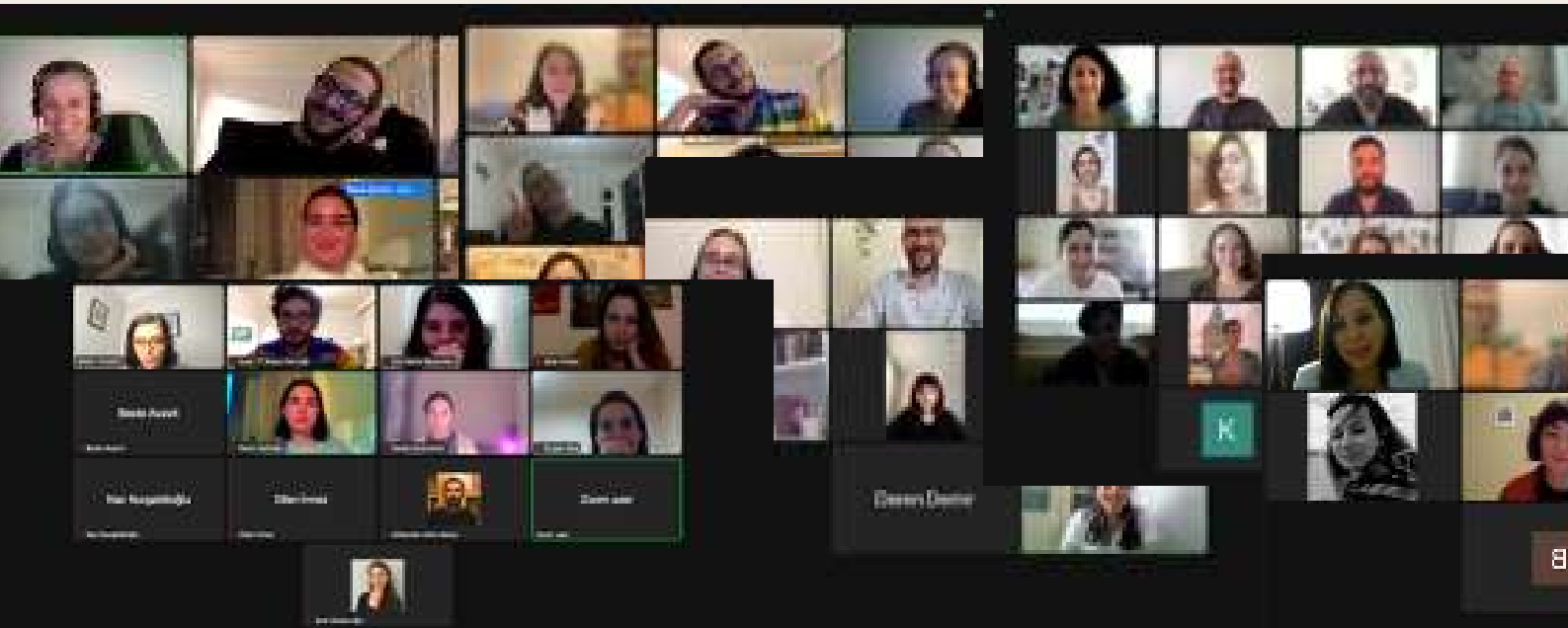


# WELL-BEING SUPPORT NETWORK

The Well-being Support Network continues to operate with 55 psychologists in total. In this context, 60 activists were referred to 19 psychologists in the network throughout 2022. The network continued its activities with followings;

## 9 CAPACITY BUILDING TRAININGS

In 2022, a total of 9 capacity-building trainings were organized for the experts in the network. The trainings were organized together with the psychological support network of the May 17 Association, with the participation of a total of 98 mental health professionals.

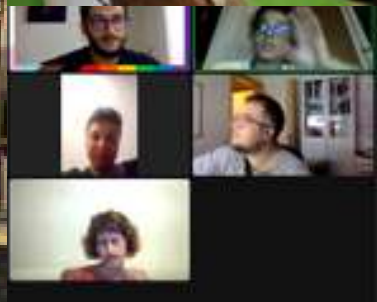


## 4 GROUP SUPERVISIONS

Within the scope of the program, supervision meetings were conducted to strengthen mental health professionals working with LGBTI+ activists, with the participation of 48 experts in total.

# ORGANIZATIONAL WELL-BEING TRAININGS

During the project period, 3 organizational well-being trainings were targeted, and 4 trainings were organized for 4 different LGBTI+ organizations. A total of 40 activists participated in the trainings. In each training; What is well-being and holistic protection?, how to achieve well-being at the individual level, coping mechanisms and collective well-being were discussed. The face-to-face trainings lasted 6 hours each day for a total of 2 days. As can be seen from the feedback received from the trainings, the trainings motivated the participating organizations to work on their own well-being.



# WELL-BEING WORKSHOPS

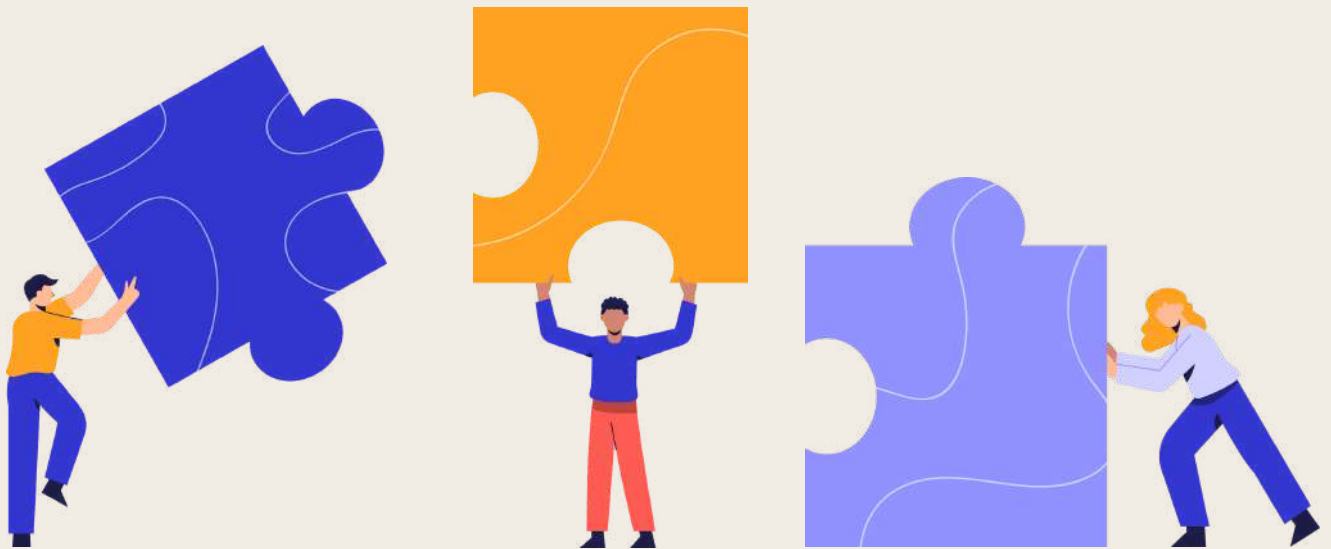
A total of 6 online trainings were organized for experts (project coordinators, those working in the field of organizational well-being or those who have a duty and authority in this field) who work/are willing to work on the theme of well-being in the field of LGBTI+ rights and human rights. With the trainings, the capacities of people working in the field of LGBTI+ and gender have been developed. A total of 77 participants were reached.

## 3 SESSIONS OF TRAINING

Trainings on well-being, organizational well-being, and specific challenges of human rights defenders.

## 3 COORDINATION & EXPERIENCE SHARING MEETINGS

Meeting with organizations who work on well-being and experience sharing sessions.





# WELL-BEING GATHERINGS

Within the scope of the project, a total of 20 events were organized to to strengthen the well-being of human rights defenders working in gender, LGBTI+ and areas that intersect with these areas and LGBTI+ community. A total of 727 participants attended the events organized in a hybrid manner.



## 20 WELL-BEING GATHERINGS

Yoga, meditation, caricature and dance workshops, queer memory tours, movie screenings, picnics, teatre shows and forums.



## 727 PARTICIPANTS

From LGBTI+ community and human rights defenders.

# WELL-BEING?

Think of a time when you felt well-being recently. What is well-being for you?

All these definitions can sometimes be insufficient. Since it is a concept that can change a lot, especially individually, in the literature, the factors affecting well-being are generally considered rather than its definition.

Well-being is defined as a combination of feeling good and functioning well; Along with the experience of positive emotions such as happiness and satisfaction, the development of one's potential is linked to having some control over one's life, having a sense of purpose, and having positive relationships. One's life is a dynamic situation in which the individual is in a continuous dialogue between his inner self and his outer environment, becoming meaningful and desirable when considered in social, economic, political, and environmental contexts. It is also a process influenced by the accumulation of individual experiences at different stages of life (childhood, youth, adulthood, middle age, and old age).

The concept can also be sized together with individuals' psychological, economic, emotional, physical, and social well-being. These dimensions are the dimensions reserved for measuring and evaluating well-being. There may be situations where the dimensions are dynamic and intertwined, which requires a holistic approach when assessing well-being. However, in communities 'excluded or suppressed' by the system, including LGBTI+s, this holistic perspective is essential to measure well-being, as well-being is not only related to individual well-being but also the well-being of the collective/community. In addition, social and political factors (such as prohibitions, pressures, and public morals) that affect interdimensional interaction should always be considered in studies as they directly affect well-being.

LGBTI+s face higher risks for specific mental health problems due to discrimination and social determinants of health (access to services, economic and social status, etc.) in their mental health and well-being experiences. In this direction, while thinking and working on the well-being of LGBTI+s, it is necessary to evaluate from a holistic perspective, and it is necessary to act without forgetting the different needs of different experiences within the group. These factors can be further expanded by factors such as age, gender, economic and social class, race, and HIV status from an intersectional location. While this shows that each person in the group has different experiences, it also shows the differing needs.

# WELL-BEING? & TIPS

IN MAY 17, WE DEFINE WELL-BEING IN 6 DIMENSIONS WHICH ARE INTER-RELATED AND WORKS IN COHESION. HERE ARE THESE 6 DIMENSIONS AND SOME TIPS TO CHECK OUR OWN WELL-BEING.

As you consider each dimension, you can ask yourself these questions:

- When you think from 1 to 10, how many points would you give your well-being on the relevant dimension?
- What do you feel good about here?
- What would you like to do differently?

## BODY

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being in a safe area, our relationship with the body, the reactions of our autonomic nervous system, our basic needs

- Focusing attention exercises/mindfulness
- Breathing exercises
- Yoga & stretching
- Relaxation and Visualization
- Rhythmic activities

## EMOTIONS

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awareness of positive and negative emotions, self-control, recognizing and processing emotions, along with responsibility

- Planned regular enjoyable activities
- Enjoying feels-good feelings
- List at least three things that are good for you
- Give and receive

# RELATIONS

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relationships with ourselves and others

- Connecting with others;
  - Increases sense of belonging and self-worth
  - Provides the opportunity to share our positive experiences
  - Helps us receive and give emotional support
  - It is essential to learn to draw our boundaries
  - Seeing our conflicts as a story minus needs and expectations
- Bullet points help!

# SKILLS

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our professional and social skills

- Learning a new skill: repairing a piece of furniture in the house
- Creating specific times to learn
- Useful soft skills like psychological first aid

# MINDSET

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beliefs, values, expectations and motivations

- Narrative approach: rewrite the story
- Awareness studies
- To review our cognitive structures and our indirect behavior from them

# MEANING

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our perspective on life, the meaning and awareness of our existence

- Creating and perceiving meaning
- To appreciate
- To be as happy as possible with what we do and to do it with love

# THANK YOU LUBUNYA!



**MAY 17 ASSOCIATION**

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