MSAAW FOUNDATION

WE ARE LAUNCHING!

THE PROBONO LEGAL AID CLINIC

For victims and survivors of Sexual and Gender-Based Violence 18+

PROBONO CLINIC

A project to support victims and survivors of Sexual and Gender-Based violence with mental health and legal support

Learn More

MY STORY AS A (WO)MAN FOUNDATION

Who are we?

Our vision is to make the dream of a society that is equal, tolerant, inclusive and free of violence a reality.

Learn More

PROBONO CLINIC

At The MSAAW Foundation, our team is focused on supporting victims and survivors of Sexual and Gender-Based Violence with mental health and legal support. Our programs also provide extensive information on mental health and the Indian legal system.

Mental Health Clinic

Subsidised mental health services

Learn More

Legal Clinic

Free legal counselling services

Learn More

Community Support Group

This is for victims of sexual and gender-based violence.

Learn More

MENTAL HEALTH CLINIC

The subsidized clinic is a project by MSAAW Foundation to offer support to women.

We are facilitating subsidized psychological and counselling services to survivors of Sexual and Gender based violence. This is part of our campaign to create a violence free society.

What is the clinic about?

The clinic is an initiative to bring mental health aid to women, especially women who have faced or are facing gender-based violence. We aim to provide therapy and counselling to adult women who are in need of and wish to seek therapy.

As an organisation, we are working towards creating an inclusive and violence free society. This project is with the goal to offer services with reduced cost to women who have faced any Sexual or Gender based violence. It is our own simple way, to right the wrong, a wrong that shouldn't have happened in the first place.

The process will entail a short interaction with us to understand what you are looking for , followed by matching you up with a mental health professional.

Who is it for?

The clinic currently caters only to adult women (ages 18+)

How do we function?

We have therapists and counsellors working with us who would take in cases as per their specialization.

For example, if you you want the focus of your therapy to be on a certain problem you are facing currently, then you're connected to a therapist trained in a short-term problem-focused form of therapy; if you wish to talk at length and process challenges and issues you're facing now and have in the past, you will be connected to a therapist trained in a long-term therapy that focuses on the cause of the issues.

What is a crisis intervention?

Crisis intervention is mental health first aid that employs a specific psychotherapeutic approach to stabilize the individual in crisis. It is time-limited and intensive. The clinic is *not* a crisis intervention service.

Please note, seeking counselling or therapeutic services is a voluntary commitment. Any change for betterment and well being requires time and patience.

However, in case the services seem unsatisfactory and unhelpful, you are free to terminate the sessions as per your convenience. You can reach out to us for any clarification and we are available for a conversation.

Fill this contact form and apply for a pre-counselling interaction (evaluating is not exactly the right word) with us.

Other methods of communication. You can also reach out to us via

probonoclinic@msaaw.in
OR

1. Disclaimer
2. MSAAW Foundation merely acts as a facilitating organization that brings together volunteering experts with mental health expertise to help individuals who may require their services.
3. There is no employer-employee or principal-agent relationship between MSAAW Foundation and the volunteering experts.
4. MSAAW does not have any control over the volunteering experts' methods of rendering service or advice and, consequently, is not responsible in any way for the actions of the volunteering experts.
5. As much as MSAAW takes every effort to connect individuals with the necessary medical services, the same are not guaranteed and are subject to the availability of volunteering experts.
6. These services may not be demanded as a matter of right and MSAAW Foundation reserves its right to refuse service to any individual on its sole discretion.
7. This service is not a helpline or a crisis intervention portal.
8. The average time we take to get back to you is between 24-36 hours
9. The data you are required to fill in the contact form is highly confidential and will not be shared with anyone except your therapist and your contact person.

LEGAL CLINIC

The pro bono clinic is a project by MSAAW Foundation to offer mental health and legal support to women who are victims and survivors of sexual and gender based violence.

The pro-bono legal aid services are intended to support victims and survivors of Sexual and Gender-Based violence with legal counsel. This is part of our campaign to create a violence free society.

What is the clinic about?

The pro-bono clinic is an initiative that aims to provide legal aid to survivors of gender-based violence, and giving priority to the members of queer community, differently abled and caste based minorities. The Clinic is established with a goal to offer legal assistance to the needy free of cost. As an organization, we are working towards creating an inclusive and violence free society. This project is with the goal to offer services free of cost to women who have faced any Sexual or Gender based violence. It is our own simple way, to right the wrong, a wrong that shouldn't have happened in the first place.

The process will entail a short interaction with us to understand what you are looking for followed by connecting you with a legal practitioners.

Who is it for?

The clinic currently caters only to adult women, anyone who identifies as a woman. (ages 18+)

How do we function?

We, at the Pro Bono Legal Clinic, think of ourselves as facilitators. The idea is that we connect the clients who approach us with legal practitioners specializing in the field of dispute. To facilitate this, the team maintains a database of lawyers and handles requests received from prospective clients. The clinic promises a session with the legal counsel based on your need. This doesn't guarantee pro bono representation, but some lawyers on our database do offer pro bono representation and if you need that, we will put in the request for the same.

If you are in a difficult situation and want a legal advice in an informal set up, then we have you covered.

The initial response time for a query is 36-48 hours, and a team member will work with the clients to ensure that their concerns are valued and are connected to a lawyer that would suit them best. Please note, seeking legal consultation is a voluntary commitment. Any change for betterment and well-being requires time and patience. However, in case the services seem unsatisfactory and unhelpful, you are free to terminate the sessions as per your convenience. You can reach out to us for any clarification and we are available for a conversation.

Fill this contact form and apply for a pre-counselling interaction (evaluating is not exactly the right word) with us.

Other methods of communication. You can also reach out to us via

legalclinic@msaaw.in
OR

Disclaimer

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Community Support Group

Being a victim/survivor of sexual violence and living with the experience(s) is hard. It feels very lonely at times and feels like the world is speaking a language that is not yours. There are points where one wants that understanding without having to explain the thought process, at times one wants the company of someone who has dealt with the pain, shame and confusion. At times one wants answers with no judgment and to just know that there is a group of people who have your back.

Sexual violence against one person hurts not just the victim/survivor but the families, friends and the support system of the person and often there are not enough resources to support them.

We also understand that sexual violence is complicated, with the additional dimensions of caste, class, age and the culture of the society. Our hope is that with the introduction of the MSAAW Foundation's Community Support Group, we can help people find support, strength and acceptance in a community.

We hope that you can reach out to this community and use this space to talk, listen and find a comfort zone that helps you.

What is this Community Support Group?

The Community Support Group is set up on the Discord Application with the main focal point being Sexual Violence. Support groups offer a powerful and unique form of healing for survivors of sexual violence. While this is not a substitute for therapy, it is a place to reflect and heal in a safe, non-judgmental, and inclusive environment.

Disclaimer:

Any and all advice given in the server, and by extension all the channels, is shared by way of the individual's personal experience and what has worked well for them under similar circumstances. It is hence to be understood as such. It is not professional medical/psychological/psychiatric advice.

All communications in the group shall remain confidential and limited to the group.

Download the general guidelines and the guidelines for trigger warning and content warnings.

Please read the guidelines carefully before entering the community support group as they are **mandatory**.

Click here to access the community support group on Discord.

COMING SOON

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Changemaker.

That word often invokes images of Malala Yosufai, Greta Thunberg or other award winning activists and leaders. But being a changemaker is not a feat that each of us can't do at our homes, in our own circles.

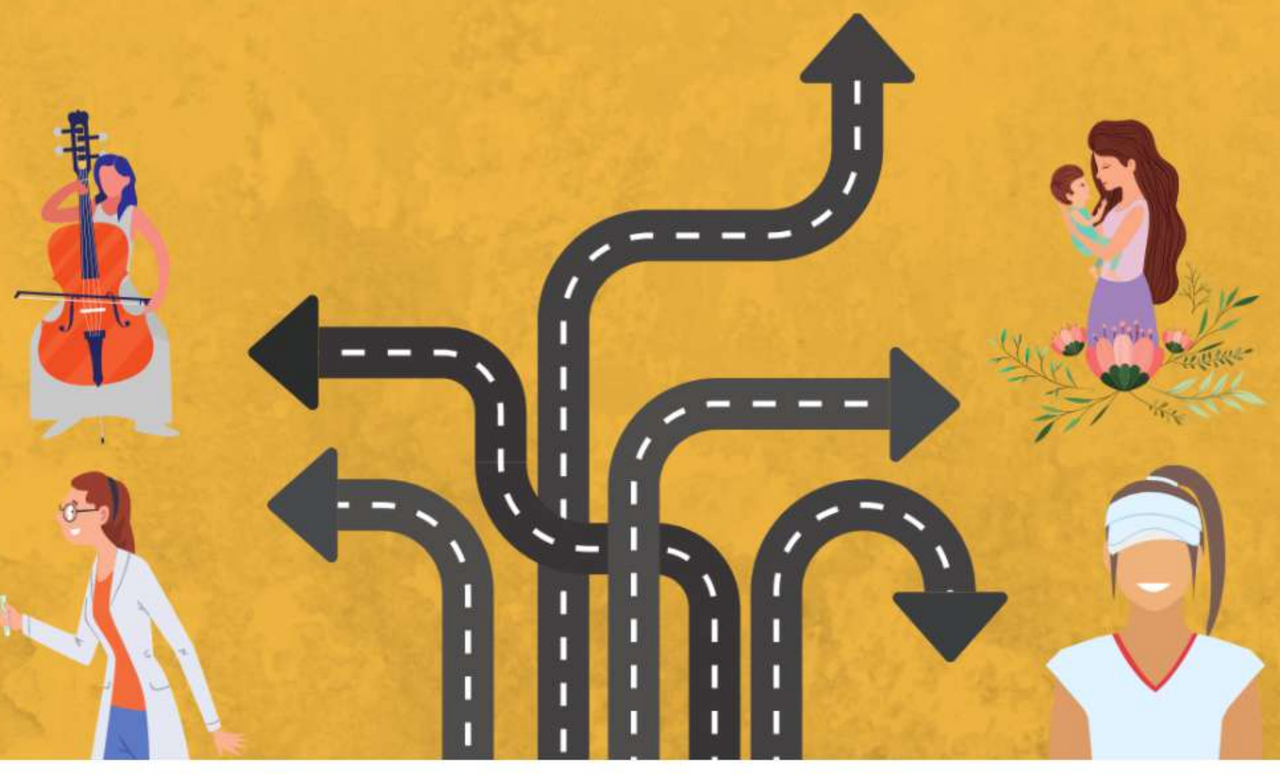
Sometimes we give up even before we start. Maybe it is because we are overwhelmed with the amount of work that needs to be done. Maybe it is because of the magnitude of the challenge. Maybe because nothing seems adequate.

The most asked question is 'What difference does that make?' Downplaying the significance of speaking up amidst friends or saying no to an inappropriate joke or making sure all your family members are living in a violence free environment makes the incredible effort seem meaningless.

We are hoping for a shift in this idea. Every small change matters. Every drop of change matters. Every small shift in narrative matters. Everytime patriarchy is shut down, it matters.

Change begins at home, if every one of us put in the smallest of efforts, the society at large will see a shift.

YOUR STORY?



A community is built on stories.

Every story is a real life lived.

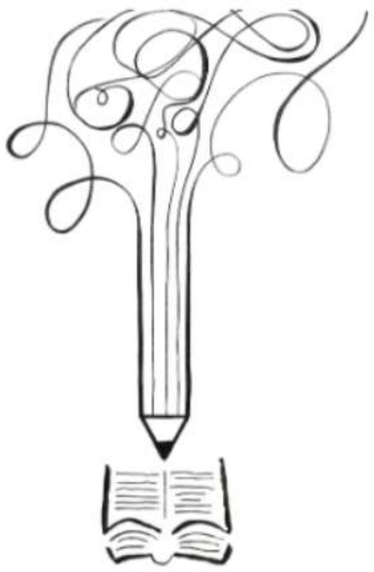
Every story is mark in the world.

Share yours with us.

MSAAW Foundation began as just a blog documenting the lives of women who have beat the odds in a patriarchal society to make it in life.

What is *'making it in life'* ?

We don't have a definition, but over the years we have realised that each of the women who wrote their story for us, have tailored the term to suit their lives, their story.



We give you an empty canvas, rather an empty blog page and want you to write your story, your way for us. The only way to break free and inspire others is an authentic story full of truth and emotions.

Every story matters. Every story creates change. Every story inspires.

Email us on mystoryasawoman@gmail.com to send in your stories.

Share Your Story

ABOUT US

MY STORY AS A (WO)MAN FOUNDATION

What is the story of the logo?

As a team we decided that every aspect of our organisation would represent what we believe in. Our logo was one of our first projects to apply that belief on. It has a special meaning to us - it is everything we see and want to change. We listed some of the things we wanted to change in society - gender mainstreaming, gender stereotyping through colors, and gender representation, then added our spin to it. The logo shows the need to strike through the stereotypes set by colors. It shows the diversity beyond male and female, connects it to gender fluidity. The combination of it also shows the importance of all genders to create a space for equality and acceptance.

Vision:

The dream we want to make reality is a society that is equal, tolerant, inclusive and free of violence.

Mission:

1. An intersectional approach to addressing sexual and gender-based violence.
2. Engaging at the grassroot level with the most fundamental societal unit - families.
3. Emphasising both on policy changes and societal changes.
4. Creating a youth-led movement emphasizing on having diverse representation.
5. Supporting victims and survivors of SGBV by increasing accessibility to both mental and legal counsel.
6. Focusing on awareness programs on mental health, the legal systems
7. Leveraging on the use of regional languages to ensure accessibility to a wider audience.

Our beliefs and non-negotiables:

1. All people irrespective of gender, sexuality, skin color, family name need to be treated with respect and fairness - At MSAAW we are constantly working to build a team with diverse people.
2. Play an active in including ‘marginalised communities’ - At MSAAW we have a work environment where we put in efforts to give opportunities to people who have been sidelined based on discrimination or misconceptions.
3. We are diabled friendly - We constantly strive to normalise our functions and systems to support the disabled and learn from them.
4. We want to be also inclusive of people who don’t believe in our values - At MSAAW we strongly believe in finding a common ground and trying our level best to not alienate anyone, and instead work on engaging and reasoning.
5. We also constantly learn to be more eco-friendly and many of our team members strive to practice a zero waste lifestyle.

Under no circumstance do we entertain any hate or tolerate abusive language/actions. While we acknowledge and eagerly engage with differences of opinion, we expect and practice respect and tolerance.

The Team

OUR LEADERSHIP

OUR MENTORS

Though we have listed only the team which is on board long term, we wouldn't be at this place without all the support of our friends, strangers who have become friends, and the support system we made through FB groups, LinkedIn.

A big thank you to all the interns and volunteers over the last few years who have been incredibly patient, understanding, supportive and forgiving as we grew as an organisation and a team. Thank you for your amazing work and contribution.

Contact Us

MY STORY AS A (WO)MAN
FOUNDATION

Write to us on
mystoryasawoman@gmail.com

Join Us

Share your story

By sharing your own experiences and stories, you are helping create a huge impact.
If you want to share your story, please do reach out to megha@msaaw.in.

For mental health professionals,

We are constantly on the lookout for professionals who share our beliefs and want to contribute their expertise to aid in the recovery of women who otherwise won't be able to afford important care.
If you want to be part of the efforts to make the society inclusive and a safer environment for conversations surrounding mental health, please reach out to us at mentalhealth@msaaw.in or DM us on FB, IG or Twitter.

As a volunteer

If you are a web designer, a social media enthusiast, content writer, or have an interest in networking, we would love to have you on board.
If you are interested in a specific project or just share enthusiasm in the cause, we would love to have a conversation with you. Reach out to us at mystoryasawoman@gmail.com or DM us on FB, IG or Twitter.

here please