



THE LIGHTHOUSE
CENTER FOR WELLBEING

WOMEN'S MENTAL HEALTH SERVICES



WHY WOMEN'S MENTAL HEALTH?

OUR AIM IS TO OFFER SPECIALIST KNOWLEDGE AND SUPPORT TO WOMEN ACROSS ALL AGES AND LIFE STAGES TO BEST SERVE THEIR WELLBEING AND HELP WOMEN ACTUALIZE THEIR HOPES AND POTENTIAL IN LIFE.

Certain experiences are likely to impact women's mental health, and they are unique to being a woman. These include premenstrual syndrome (PMS), pregnancy, birth trauma, the postpartum period, perimenopause/menopause, and various gynecological and medical problems (like vaginismus, women's cancers, etc). Experiences that affect woman can also extend across caregiving responsibilities

ISSUES WE SUPPORT WITH:

- Prenatal mental health
- Postnatal mental health
- Maternal mental health
- Infertility/IVF
- Miscarriage
- Infant loss
- Birth trauma / Fear of giving birth
- Women's cancers
- Drug and alcohol use in women
- Caregiver burnout
- Gynaecological issues (PCOS, endometriosis, polyps, etc.)
- Issues relating to sexual functioning (Eg. Vaginismus)
- Perimenopause, Menopause
- PMS / PMDD
- Cycle syncing
- Working women/mothers
- Sexual trauma/violence
- Domestic violence

OUR SERVICES

PRENATAL & POSTNATAL WELLBEING CHECK-UP:

Our Prenatal and Postnatal Wellbeing Check-ups are a quick and easy way to get an expert opinion on the state of your emotional wellbeing, with a one-time, 50-minute session that is available in-person or online. It can be beneficial, whether you are experiencing mental health concerns or not.

PRENATAL WELLBEING CHECK-UP

With fluctuating hormone levels and changes taking place in the body and mind, pregnancy is a time when women are more vulnerable to experiencing mood changes and mental health difficulties such as stress and anxiety. Our Prenatal Wellbeing Check-up is an opportunity to have your mental health screened by a licensed professional, and to walk away with helpful resources and practical ways to improve your mental wellbeing during pregnancy.

POSTNATAL WELLBEING CHECK-UP

For women who have given birth in the past year, this is a time in life when we are more vulnerable to stress, isolation, the resurfacing of past traumas and other issues, which can contribute to poor mental health. Our Postnatal Wellbeing Check-up is an opportunity for women to have their mental health screened by a licensed professional and receive practical advice to move forward.

PSYCHOTHERAPY:

Also known as talk therapy, psychotherapy is the general term for spending time with a trained therapist to diagnose and treat mental, emotional and personality problems. Our team of clinical psychologists and psychotherapists are specialized in working with difficulties common to women, using a variety of therapy models and non-medical based treatments.

PSYCHIATRY:

We have a team of highly qualified, consultant psychiatrists who are trained to work with assessment, diagnosis, and treatment of mental illnesses, and are well-versed in working with women around particular health concerns, such as the use of medication during pregnancy, breastfeeding, menopause, and working with addictions in women.

OTHER ONE-TO-ONE SERVICES:

Somatic work, Counseling, Coaching.

CORPORATE SERVICES:

We also offer services to corporations and workplaces that are seeking further wellbeing support for their employees or community, ranging from educational seminars to skill-building workshops and support sessions.

One in five women (19%) experience a common mental health condition (such as anxiety or depression), compared with one in eight (12%) men.

SUPPORT GROUPS

The LightHouse Arabia is honored to provide a wide array of support groups across a range of topics and issues relevant to different life stages and situations. All of our support groups are free-of-charge. At present, the majority of our support groups are hosted online via Zoom, while some take place in-person at The LightHouse Arabia.

For up-to-date support group details and registration, please visit our website: lighthousearabia.com/events

RAYMEE GRIEF CENTER (GRIEF SUPPORT GROUPS)

- Motherless Daughters
- Little Lifetimes (Infant loss)
- Partner Loss
- Adult Grief support



HEALTH & WELLBEING SUPPORT GROUPS

- IVF/Infertility
- Coping with Cancer
- Conscious Parenting
- Single Parents
- Life After Divorce
- Menopause Transition

EDUCATIONAL TALKS

Our team offers a range of talks, trainings, and seminars relevant to Women's Health and beyond. Our talks cover topics from cycle syncing to body image, and from postnatal depression to all aspects of parenting.

EXPERIENTIAL WORKSHOPS

Experiential workshops range from 90-minutes to a full day and can include yoga, expressive and somatic therapies to parenting workshops. Our workshops run for the community and has private bespoke events.

***You are not alone.
We are here to help.***

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