Oral presentation

Impacts of Technology-Facilitated Gender-Based violence on Mental Health

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**Abstract**

This case study delves into the experiences of a middle-aged woman from Spain, who sought support from Fembloc, an online feminist helpline for women facing o technology- facilitated gender-based violence (TFGBV). The study focuses on her journey through the intricate challenges of anxiety and post-traumatic stress disorder stemming from incidents of stalking and online harassment. The study explores the individual's mental health impact, resilience and coping mechanisms; offering valuable insights into the broader implications for mental health practitioners in the realm of TFGBV.

The primary objective of this case study is to understand the nuances of anxiety and post-traumatic stress disorder in women and evaluate how tailored support from Fembloc contributes to their well-being. A qualitative approach was employed, using in-depth interviews. The case study reveals a complex interplay of factors contributing to anxiety and post-traumatic stress disorder in the face of TFGBV. It highlights the importance of providing a safe space for women and their support networks to navigate and mitigate the psycho-social consequences of such experiences.

In conclusion, this case study contributes with valuable insights into the mental health landscape shaped by technology-facilitated gender-based violence. Client-centred and trauma-informed approaches prove essential in addressing the mental health needs of individuals affected by this type of violence. The study urges mental health practitioners, to recognize TFGBV and address the evolving challenges posed by digital spaces, while advocating for inclusive and accessible mental health support for those affected.

**Keywords**

mental health; trauma, post-traumatic stress disorder; anxiety; technology-based gender-based violence.

**Short Biography**

My name is Mileidys Williams Henrry and I am a Cuban born specialist on Mental Health and Social Work. I studied a bachelor’s degree on Psychology at the University of Havana, Cuba from 1999 to 2004. On 2013 I moved to Toronto, Canada where I studied the Social Service Worker diploma at George Brown College. In 2019 obtained a master’s degree on Community Mental Health at the University of Barcelona. I became a Registered Social Worker from the Ontario College of Social Work and Social Service Work on 2024.

I have worked on government led facilities and non-profit organizations supporting people struggling with mental health and addiction issues; new immigrants and post-secondary students. Currently, I work as a psychologist on Fembloc. An online feminist helpline located on Catalonia, Spain aiming to support people facing Technology-Facilitated Gender-Based Violence and their support network.

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