



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- WELL BEING -

PSYCHOLOGICAL WELL-BEING: NEED OF SUPPORT



Psychological well-being is key to a fulfilling life, especially for women with disabilities, who face barriers to autonomy and access to mental health care. Three fundamental psychological needs—**competence, autonomy, and interpersonal relationships**—are essential for well-being. However, structural and social barriers make it difficult to meet these needs, leading to anxiety, depression, and emotional distress (Álvarez del Palacio, 2023).



Daily activity levels influence mental health. Studies show that a sedentary lifestyle is associated with higher rates of depression. For women with disabilities, the lack of access to appropriate physical activity spaces and limited social support can increase feelings of hopelessness and suicidal ideation. Prevention strategies should integrate adapted physical activity, therapy, and, when necessary, pharmacological treatment (Ministerio de Sanidad, 2014; Observatorio Estatal de la Discapacidad, 2021)

Depression and anxiety are on the rise, with a 22% increase in suicide risk. Among women with disabilities, stigma and discrimination in medical and social settings make it harder to seek help, worsening problems that could be managed with appropriate support (1to1help, 2025).

It is essential to improve accessibility to mental health resources. Organisations and health systems must ensure access to psychological support, protecting the rights of women with disabilities in maternity, reproductive health, and emotional well-being. Psychological safety in healthcare, educational, and community settings must be a priority (OECD, 2023; WHO, 2021).

Interventions such as **cognitive behavioural therapy, group support, and mindfulness** have proven effective. Additionally, community initiatives and peer support programmes help reduce loneliness and isolation. An integrated approach combining social, psychological, and medical support is key to long-term stability (WHO, 2022).

The mental health of women with disabilities is a collective responsibility. Governments, the healthcare sector, and society must develop inclusive policies, promote open discussions, and ensure accessible support systems. Proactively addressing their psychological needs will improve their quality of life and that of their communities (WHO, 2023).

