

Bahamas  
Lotus

# NEWS LETTER

Quarter II, 2022

## We Stand As One

Bahamas Lotus (BL) is known for its advocacy. This quarter was no different. Every moment is an opportunity for BL to educate and bring awareness to issues and causes that need our attention both at home and abroad.

This quarter we acknowledge:  
Sexual Assault Awareness  
Child Abuse Awareness  
Mental Health Awareness  
Safety Awareness

*"When the world is silent, even one voice becomes powerful."*

*-Malala Yousafzai*



Mental Health is an important part of our overall health. With a growing number of Bahamians experiencing mental health symptoms, BL advocates for the improvement of the nation's mental health care system.

Each year thousands of Bahamians face the reality of living with a mental illness. During May, Bahamas Lotus joins the movement to raise awareness of trauma and the impact mental illness can have on the physical, emotional, and mental well-being of children, families, and communities. Bahamas Lotus adopts May, as Mental Health Month, we will fight the stigma, provide support, educate the public and advocate for policies that

support people with mental illness and their families.

It is a known fact that natural disasters and tragic events tend to increase the occurrences of mental health symptoms.

Both discrimination and poverty perpetuate issues of mental health in The Bahamas. For example, in the country shaming, can increase feelings of depression, deterring people from seeking help for fear of others calling them "crazy". Instead of seeing the person first, then the disorder (people who struggle with mental illness), some tend to see them as violent individuals that are a risk to the community.



# Stop Harming Our Children

Child abuse is a global phenomenon, occurring in all countries and societies. Sadly, children are innocent victims of pain and suffering. They are the most vulnerable members of society who are victims of physical abuse, sexual abuse, emotional abuse, and psychological abuse, abandonment, abduction, and denial of humanitarian access.

The purpose of the day is to acknowledge the pain suffered by children throughout the world who are the victims of physical, mental, and emotional abuse. This day affirms The Bahamas & UN's commitment to protect the rights of children. Its work is guided by the Convention on the Rights of the Child, the most rapidly and widely ratified international human rights treaty in history. The UN's Sustainable Development Goal 16 promotes peaceful and inclusive societies for sustainable development. As part of this goal, the UN hopes to end abuse, exploitation, trafficking, and all forms of violence against children by 2030.

## Your Voice Matters

Join us, support a cause/awareness either through your donation or time ... why not both!



SCAN ME