

She Told Us So (Again)

Mental health

is one of the biggest impacts of COVID-19, and it's getting worse.

In 2022,

48% of women

31% of men

said mental health was one of the biggest impacts in their lives (the 3rd ranked priority).

In 2020,

27% of women

10% of men

said that mental health was one of the biggest impact in their lives.

63%

of women said that one of their biggest needs right now is mental health support. Women in savings groups are much less likely to rank mental health in their top priorities. Zero women in savings groups said mental health was their most important impact right now. Women in savings groups are connecting to support each other's mental health.

Why is this happening?

- ▶ Unpaid care work is skyrocketing for women, and women are struggling to care for their families.

*"The most affected by the pandemic is the mother...which caused me to lose weight **due to the lack of food**. I prefer to feed my children instead of myself...I have no money to support my family." (Sudan)*

*"**Women were psychologically affected by the situation**. In addition to physical impacts, we were affected because of workload in the home, cleaning, cooking, washing clothes and taking care of all family members, whilst in this bad situation of having no money, no food, and income." (Sudan)*

- ▶ Women are being denied opportunities to go back to work.

*"**If any opportunity appeared, the man would be the favorite**, and for this reason, the man's role was the strongest. This psychologically affected many women, as they turned to household work which included preparing food and cleaning only." (Iraq)*

- ▶ People can't access mental health services.

84%

of women in Guatemala said they have no access to psychological care or therapy that allows them to manage their stress and anxiety.

The crises keep coming.

In Fiji, women described feeling a sense of hopelessness as simple tasks became more time-consuming, tiring, and repetitive. The ongoing impacts of COVID-19, followed by the cyclone, have created a sense of despair and trauma stemming from experiencing repeated shocks without time to recover.

In Somalia, people said drought is the biggest shock they are facing, with COVID-19 a close second. Conflict, displacement, and locusts are making the impacts even worse.

"Women have suffered a lot during the pandemic, and we are not yet recovering from this hardship."

– FATI MUSA, NIGERIA

