

COVID-19 and its impact on Global Women's Mental Health

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Understanding the impact of COVID-19 on women's psychosocial wellbeing

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The COVID-19 pandemic has had serious mental health implications for people around the world. From isolation to the economic downturn, to the loss of loved ones, the pandemic has left many feeling stressed, anxious, and depressed. The increased stresses of everyday life combined with sustained isolation have left many to struggle in silence with their mental health concerns.

The increase in mental health in the last 9 months has been especially prevalent among women, who have overall been subjected to some of the most devastating impacts of the pandemic, including loss of livelihood, increases in gender based violence, and an increase in responsibilities like caring for elderly family members and children who are home due to school closures, as well as serving as front are reporting a significant increase in depression since the onset of the pandemic. A recent Kaiser poll showed that 53% of women who responded reported a significant negative impact on their negative health, compared to only 37% of men.

Studies have also shown that the pandemic has been especially difficult for women who were in precarious social and economic situations prior to the onset of the pandemic (women without a college degree, women working in the service industry), as well as women who were already struggling with mental health issues, including women in abusive relationships and women dealing with postpartum depression. Further, mothers who care for their children are likely unable to rely on paid childcare (even if they can afford it) and are unable to rely on friends and grandparents as a relief option, leaving them to care for children 24/7 on top of other responsibilities.

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