

Understanding Gender-Based Violence

ITS IMPACT ON MENTAL HEALTH ISSUES





Impact of GBV on Mental Health

ANXIETY AND EMOTIONAL DISTRESS

Victims of gender-based violence often experience **heightened anxiety**, leading to emotional distress and difficulty in coping with daily life challenges.

DEPRESSION AND LONG-TERM EFFECTS

The long-term effects of GBV can result in **depression**, affecting overall well-being and the ability to maintain healthy relationships.

Understanding Trauma's Impact

The Link to Mental Health

Gender-based violence can severely affect mental health, causing issues like anxiety and depression in survivors.



Mental Health Impact



UNDERSTANDING MENTAL HEALTH EFFECTS

Survivors of GBV often experience **severe anxiety** and depression, complicating their recovery and overall well-being.

Mental Health Impact



UNDERSTANDING THE CONSEQUENCES OF GBV

Gender-based violence (GBV) can lead to long-term **mental health issues** such as anxiety and depression. Survivors often face **emotional trauma** that affects their daily lives and relationships.



Stories of Hope

SARAH T.

“The support I received helped me regain my strength and overcome my **anxiety and depression.**”

MARK L.

“Thanks to this program, I learned coping strategies that have been **life-changing** for my mental health.”

EMILY R.


“This service provided a safe space for me to share my story and begin the **healing process.**”



Future Directions

COMMUNITY SUPPORT

Integrating mental health care



For more information,
please don't hesitate to
reach out!

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