







Why Depression in Africa?

Depression is the leading cause of disability globally. More than 25% African women are suffering from depression and 85% have no access to mental health treatment.

StrongMinds is the only organization focused on scaling a solution to the depression epidemic in Africa through its proven group talk therapy programs.

Depression affects every aspect of a woman's life – from her own physical health to her family's eating habits, to her ability to concentrate, and to save money for the future.

 <h3>PERSONAL WELL-BEING</h3> <p>Uganda: Depression was significantly negatively correlated with literacy rates.</p> <p>Uganda: Elevated depression scores were associated with females having a high number of sexual partners.</p> <p>Ghana and Uganda: Depression impairs rural women's abilities to farm, grow food and cook food.</p>	 <h3>TREATMENT ACCESS</h3> <p>Ghana: Only 1.2% of depressed individuals receive the required treatment.</p> <p>Nigeria: Depressed elderly people with low economic status and/or and rural residence received no treatment for depression during lifetime.</p> <p>Nigeria: More than 50% of people with depression reported that their social role was moderately impaired.</p>
 <h3>PHYSICAL HEALTH</h3> <p>Nigeria, South Africa, and Uganda: The prevalence of depression in HIV infected clinic populations varies widely from 29% in Nigeria, 39% in South Africa, and up to 54% in Uganda.</p> <p>Ethiopia: Depression was associated with more than a 4-fold increased odds of diabetes in women.</p> <p>Sub Saharan Africa: People with depression have a 3-fold increased odds of migraines.</p>	 <h3>CHILD IMPACT</h3> <p>Nigeria: Infants of depressed mothers have lower growth rates and more frequent diarrhea and infections.</p> <p>Malawi: Children of depressed mothers experienced poor growth and development.</p> <p>Nigeria: Depressed mothers were more likely to stop breast feeding early, contributing to poor nutrition and immunity.</p>
 <h3>HOUSEHOLD FUNCTIONING</h3> <p>Burkina Faso: Depression is correlated with living in a household with food insecurity.</p> <p>Nigeria: 76% of people with depression reported that their performance of home activities was moderately impaired – with 12% of those being severely impaired.</p> <p>South Africa: Maternal depression compromises families' economic security due to lost days of work.</p>	 <h3>ECONOMIC PRODUCTIVITY</h3> <p>Uganda: Among those with HIV and major depression, depression alleviation was associated with nearly a doubling of weekly hours worked.</p> <p>Nigeria: 83% of people with depression reported that their work-related activities were moderately impaired – with 60% being severely impaired.</p> <p>South Africa: \$4,798 is the average lost income per depressed individual per year.</p>

[Detailed Sources Here.](#)

STRONGMINDS MENTAL HEALTH AFRICA

Treating Depression at Scale in Africa

www.StrongMinds.org