



Mental and Emotional Well-Being of Residents in Informal Urban Settlements

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Mental and emotional well-being is currently being negatively amplified under the current COVID-19 environment, with poorer working adolescents and youth left without a daily wage. A recent systematic review led by icddr,b found the overall prevalence of mental disorders in Bangladesh is between 6.5 to 31% among adults, with psychiatric and psychogenic disorders such as depression, anxiety and neurosis most commonly reported among the vulnerable young population in urban slums. Mental

disorders was much higher in overcrowded urban communities than rural ones, and among the poor, particularly women.

While the Government of Bangladesh has implemented policies and programs to address mental and emotional well-being, it remains even in the best of times a neglected area, and more so now under the present pandemic situation. The School in partnership with the ARISE Bangladesh team and Imperial College (UK), is carrying out rapid appraisal interviews with informal urban settlement residents, for sharing with service delivery organizations in the hope that it will contribute to designing appropriate interventions that can better meet the mental and emotional needs and challenges of these communities.