

Empowering Women for Better Mental Health in Zimbabwe

As Zimbabwe continues to navigate economic challenges, it's essential to prioritise women's mental health and wellness. The intersection of economic empowerment, societal expectations, and traditional norms can significantly impact women's mental well-being. In this article, we will explore the current state of women's mental health in Zimbabwe, the importance of economic empowerment, and government initiatives supporting women's empowerment.

The State of Women's Mental Health in Zimbabwe

Women in Zimbabwe face unique mental health challenges, including limited access to resources, societal expectations, and traditional norms. The economic burden of mental health conditions in Zimbabwe is significant.

Economic Empowerment: A Key to Better Mental Health

Economic empowerment is crucial for women's mental health and well-being. By providing women with access to economic resources, skills



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development, and entrepreneurship opportunities, we can enhance their financial stability and independence. This, in turn, can reduce stress, anxiety, and other mental health issues.

Government Initiatives Supporting Women's Empowerment

The Zimbabwean government has launched several initiatives to support women's empowerment, including Women's Empowerment Fund: Providing financial support to women entrepreneurs and promoting economic empowerment.

Women's Bank: Offering financial services tailored to women's needs, including access to credit and savings facilities.

National Gender Policy: Promoting gender equality and women's empowerment through policy and advocacy.

Women at the Centre Project: Strengthening GBV case management systems nationwide, with a focus on marginalised groups like women and girls with disabilities.

The Importance of Addressing Societal and Traditional Norms Societal and traditional norms can significantly impact women's mental health and well-being. To promote women's empowerment, it's essential to address these norms and promote

a culture of gender sensitivity and inclusivity. This can be achieved through: Awareness and Education: Raising awareness about gender issues and promoting education on women's rights and empowerment.

Community Engagement: Engaging with local communities to promote a culture of inclusivity and support for women's empowerment.

Policy and Advocacy: Advocating for policies that promote gender equality and women's empowerment.

Conclusion

Empowering women is crucial for promoting mental health and well-being in Zimbabwe. By addressing the unique challenges women face, providing economic empowerment opportunities, and promoting a culture of inclusivity, we can create a more supportive environment for women to thrive. The government, civil society, and private sector must work together to support women's empowerment and promote mental health.

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Record-Breaking U.S.-Africa Business Summit Yields \$2.5 Billion in Deals and Commitments - Fact Sheet

From June 22-25, more than 2,700 U.S. and African public and private sector leaders gathered for the 17th U.S.-Africa Business Summit, hosted by the Corporate Council on Africa and the President of Angola. This year's Summit marked a record turnout, including 12 African Heads of State.

The U.S. Delegation, led by Ambassador Troy Fitrell, Senior Bureau Official for African Affairs, included the senior-most officials advancing U.S. commercial engagement across Africa: Massad Boulos, Senior Advisor for Africa

Thomas Hardy, Acting Director, U.S. Trade and Development Agency Constance Hamilton, Assistant U.S. Trade Representative for Africa

Connor Coleman, Head of Investments and Chief of Staff, U.S. International Development Finance Corporation Tamara Maxwell, Senior Vice President for Small Business, Export-Import Bank of the United States The record turn-

out made clear that both U.S. and African leaders share a strong commitment to significantly expanding trade and investment. The U.S. objective at the Summit was to secure key deals and commitments for U.S. companies and establish the conditions to boost U.S. exports and investment in Africa — advancing mutual prosperity in line with the Trump Administration's Commercial Diplomacy Strategy for Africa.

Key Outcomes: \$2.5 Billion in Deals and Commitments

During the Summit, more than \$2.5 billion in new deals and commitments between U.S. and African partners were announced, reinforcing the United States' prioritization of trade over aid in our approach to Africa — engaging Africans as peers and partners in investment-led growth.

Major Deals and Commitments for U.S. Companies: Amer-Con Corporation & Angolan Cargo and Logistics Certification Regulatory Agency