The impact of extreme weather events on the mental health of vulnerable populations in Africa (WEMA project)



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BACKGROUND

- > The WEMA project focuses on the critical issue of how extreme weather events (EWEs) affect the mental health of vulnerable populations in Africa.
- > The focus of the project is particularly in 3 countries which are Burkina Faso, Kenya, Mozambique, and South Africa.
- > Climate change is expected to increase the frequency and severity of heatwaves, floods, and droughts, exacerbating health conditions and disproportionately impacting resource-poor settings.
- > While the physical impacts of climate change are well-documented, the mental health consequences are often overlooked...

OVERALL AIM OF THE PROJECT

- > Our goal is to highlight the direct link between EWEs and common mental disorders (CMDs) among vulnerable populations.
- > This evidence will highlight the need for adaptation strategies to be integrated with community mental health care to promote good health and wellbeing among at-risk populations.

To achieve our objectives, we have leveraged the expertise of existing partnerships and joined forces with new partners to create a transdisciplinary team with expertise in climate science, psychiatry, epidemiology, statistics, data science, social science (including Social Work), policy-making, civil society, public engagement, and media.



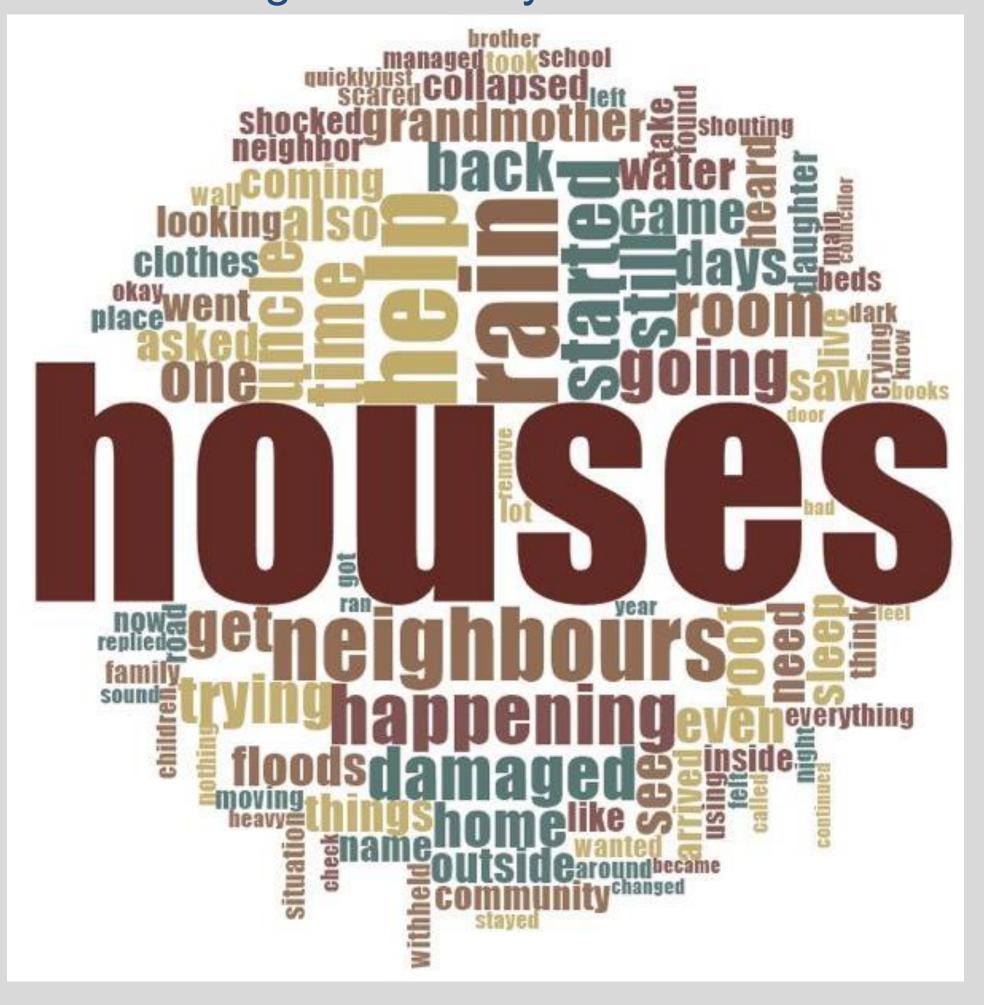
METHODS

Over 36 months (April 2024 to March 2027), we'll use mixed methods research to:

- > Generate new evidence on the effects of extreme weather events on common mental disorders using existing data.
- ➤ Investigate the burden and impact of CMDs among vulnerable populations exposed to EWEs.
- Engage stakeholders in interpreting evidence and brainstorming contextspecific interventions.
- ➤ Deliver a targeted public engagement and strategic communication campaign to drive policy change.

RESULTS

> This is the word cloud generated by NVivo from the DST transcripts.



CONCLUSION

- > The digital story was created by a community-based co-researcher from Embo in KwaZulu-Natal at a workshop was in South Africa in June 2025. The workshop was hosted by the Africa Health Research Institute (AHRI).
- The digital story is a product of the WEMA Project (The impact of extreme weather events on the mental health of vulnerable population in Africa). WEMA is funded by the Wellcome Trust and led by Ahrica Health Research Institute.