

HOW DOES SHELTER AFFECT MENTAL HEALTH?

Shelter and settlements **improve mental health and well being**. Those who receive post-disaster shelter assistance are more likely to experience a return of their mental health to similar levels as before the crisis.

Affordable and adequate housing assistance can lead to:



Fewer doctor's visits

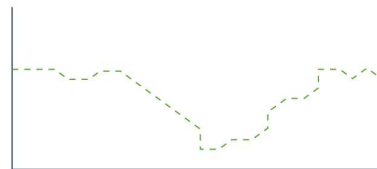


Reduced emotional stress



Increased happiness

Losing their home in a disaster or conflict had a **profound psychological impact** on people over 80.



By improving shelter, people reported their mental health returning to **similar levels as before the crisis**.



We had no security before, we had lived for 2 years with a broken main door, my psychological state improved so much after the renovation, I am happier and more at ease.

Syrian recipient of shelter assistance in Jordan



After receiving shelter, people **feel more in control** and have **better decision-making capacities**.



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Sources: Brown (2017), Harris (2014), CARE (2015),
IFRC/HelpAge International (2011), French Red Cross (2017)

