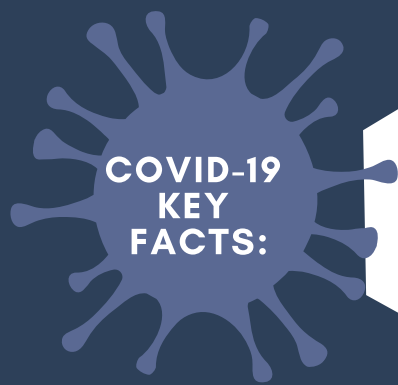


'HOPE IN A TIME OF PANDEMIC' ISSUE SPOTLIGHT: PHYSICAL AND MENTAL HEALTH



COVID-19
KEY
FACTS:

**OVER
22 MILLION
CONFIRMED
CASES**

**782,456
TOTAL DEATHS
WORLDWIDE**

**213
COUNTRIES &
TERRITORIES
AFFECTED**

PHYSICAL HEALTH

KEEP YOURSELF AND OTHERS SAFE

- **WASH YOUR HANDS** REGULARLY WITH SOAP AND WATER
- **PRACTICE SOCIAL DISTANCING** - KEEP 2 METERS APART FROM OTHER PEOPLE
- **COVER YOUR MOUTH AND NOSE** WITH A TISSUE OR YOUR SLEEVE WHEN YOU COUGH OR SNEEZE
- **AVOID TOUCHING MOUTH, NOSE AND EYES**
- **WORK FROM HOME** IF POSSIBLE
- **WEAR A FACE COVERING** WHEN IN PUBLIC
- **AVOID PUBLIC TRANSPORT** IF POSSIBLE
- **CLEAN AND DISINFECT FREQUENTLY** TOUCHED OBJECTS AND SURFACES

LET'S **REDUCE THE RATE OF TRANSMISSION** TO **CONTROL THE SPREAD** AND **PREVENT HEALTHCARE FACILITIES BECOMING OVERWHELMED**



**PROLONGED UNCERTAINTY
EXACBERATES MENTAL AND
EMOTIONAL CHALLENGES**



MENTAL HEALTH

INCREASED REPORTS OF ANXIETY | DEPRESSION | GRIEF | FEAR | SADNESS | LONELINESS

TIPS FOR MANAGING YOUR MENTAL HEALTH:

- **KEEP A GRATITUDE DIARY**
- **GET ENOUGH SLEEP**
- **MAKE SURE YOU HAVE TIME FOR THINGS YOU ENJOY**
- **EAT A WELL BALANCED DIET**
- **TALK TO PEOPLE YOU TRUST ABOUT YOUR FEELINGS**
- **CLICK [HERE](#) TO LEARN TECHNIQUES TO REDUCE SYMPTOMS OF ANXIETY**



FRONTLINE WORKERS

**WE STAND WITH THOSE WORKING ON
THE FRONTLINES** COMBATING COVID-19;
HELPING THE SICK; STRENGTHENING
OUR FRAGILE HEALTH SYSTEMS



*THE HEALTH AND WELL-BEING OF THOSE ON THE
FRONTLINE MUST NOT BE DISREGARDED*

1 OUT OF 3 EMERGENCY MEDICINE PHYSICIANS
DEMONSTRATE SUBCLINICAL ANXIETY LEVELS

CALL TO ACTION

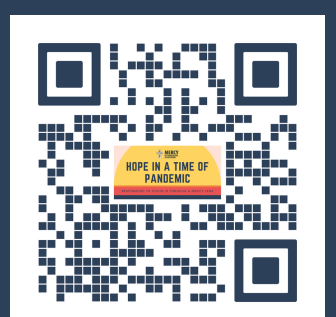
3 GOOD HEALTH
AND WELL-BEING



CALL ON GOVERNMENTS

- TO STRENGTHEN HEALTHCARE SYSTEMS
- TO PRIORITISE SUPPORT AND IMPROVED LIVELIHOODS OF FRONTLINE WORKERS
- TO PROMOTE UNIVERSAL HEALTHCARE
- TO IMPLEMENT THE 2030 AGENDA FOR SUSTAINABLE DEVELOPMENT ADDITIONAL URGENCY TO ACHIEVE SDG 3

THE MERCY WORLD CONTINUES TO RESPOND
WITH **COMPASSION** AND **KINDNESS** TO THIS
CRISIS, AND TO ADVOCATE FOR HEALTH
SYSTEMS THAT CARE FOR PEOPLE'S MENTAL
AND PHYSICAL HEALTH.





HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS

ISSUE SPOTLIGHT: HUMAN MOBILITY



EXCLUSION FROM SOCIAL PROTECTION & VULNERABILITY TO SHOCKS

Migrants and refugees often face barriers to healthcare and other public services. The pandemic's socio-economic consequences are disproportionately affecting migrants and refugees, especially those in the low-wage, informal economy who are excluded from decent work and social protection measures.

MIGRANT WORKERS ARE THE BACKBONE OF OUR ECONOMIES

Migrant workers on the frontlines of the COVID-19 pandemic run many critical sectors, including our healthcare systems, our food production and distribution, and our care economies. Frontline workers have been celebrated as heroes during the pandemic, but their work has always been essential.



**MIGRANT RIGHTS
ARE HUMAN
RIGHTS**



A NEW OPPORTUNITY TO SHAPE MIGRATION POLICY

The pandemic offers governments an opportunity to regularize the status of irregular migrants and expand regular pathways for migrants in low-wage and informal employment, acknowledging the contributions of migrants and refugees to economic prosperity and ensuring they are included in public health strategies and social protection systems.

CALL TO ACTION

- Advocate for human rights-based migration policies and for inclusive, non-discriminatory policies for COVID-19 response and recovery, ensuring migrants and refugees are protected, and that their contributions are valued
- Share gratitude for essential workers now and beyond the pandemic
- Combat xenophobia and misinformation about the spread of COVID-19



ISSUE SPOTLIGHT: SACREDNESS OF EARTH

COVID-19 presents us with the opportunity to recognise our vital relationship with Earth; prioritise the health and stability of Earth; promote sustainability and green economic transformation; and prevent the emergence of new infectious diseases

A STILLNESS AND OPENNESS TO THE SACREDNESS OF CREATION

The pandemic has offered us a chance to:

- Stop and appreciate the presence of God;
- Revise our lifestyle;
- Reflect on the importance of our relationships with one another and with the planet;
- Be reminded of traditional knowledge and wisdom about the land and water, and our relationship with them.



HUMAN ACTIONS HAVE DISTURBED THE BALANCE OF EARTH'S ECOSYSTEMS

- Unsustainable Agriculture Practices
- Extractive Industries
- Urbanisation and Overcrowding
- Land Degradation
- Pollution
- War
- Industrialisation of animal production



**INCREASE
HEALTH RISKS FOR
HUMANS AND
ECOSYSTEMS**

"WE BELONG TO ONE ANOTHER... WE ARE DISCOVERING THAT OUR INDIVIDUAL ACTIONS DO HAVE CONSEQUENCES OF GLOBAL PROPORTION"

THE NEED FOR GLOBAL CONTEMPLATION AND AN INTEGRAL ECOLOGY



- People, creatures and resources are all integrally connected - the way in which we relate to the Earth is a test of the way we relate with one another and with God

"AS A CORPORAL WORK OF MERCY, CARE FOR OUR COMMON HOME REQUIRES 'SIMPLE DAILY GESTURES WHICH BREAK WITH THE LOGIC OF VIOLENCE, EXPLOITATION AND SELFISHNESS AND MAKES ITSELF FELT IN EVERY ACTION THAT SEEKS TO BUILD A BETTER WORLD.'" - POPE FRANCIS

CALL TO ACTION



- Advocate for the integrity and unity of all Earth systems and the reduction of fossil fuel consumption in light of the lessons learned during lockdown.
- Commit to an Integral Ecology in which we care for our Common Home
- Recognise this time as an opportunity for regeneration.
- Promote resilience and a resolve not to return to 'normal'.





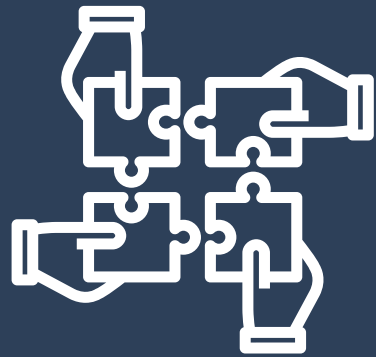
HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS

ISSUE SPOTLIGHT: POLITICAL INSTITUTIONS



THE PANDEMIC HAS
LED TO AN
EXPANSION OF
POLITICAL POWER
AND EMBOLDENED
AUTHORITARIANS



COVID-19 RESPONSE
AND RECOVERY
REQUIRES GLOBAL
COOPERATION AND
COMPASSIONATE,
BOLD POLICIES

Censorship, misinformation and hate speech have led to the spread of COVID-19, violence, and public distrust of scientific expertise

In the short-term, government policies will have immediate impacts on public health, social inclusion and peoples' wellbeing

Long-standing systemic health and social inequities have put racial and ethnic minority groups at higher risk of contracting and dying from COVID-19

In the long-term, governments need to show leadership by investing in people and planet to reduce inequalities and to be more resilient and sustainable

We need to protect and promote strong and inclusive democratic institutions that are responsive to the needs of all people and the planet

We must encourage our governments to seize this unique opportunity to take bold steps to steer the world towards a profound systemic transformation



HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS

WE STAND..



1. For ensuring that no one is left behind:
“We are all in this together.”

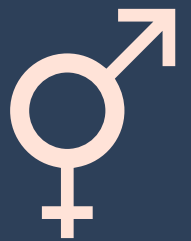
2. For human and Earth rights, and for systems which uphold the dignity and protection of our common home.

3. For an inclusive response to the impacts of the pandemic that builds a sustainable future benefiting all.

4. With all who face discrimination and violence.



5. For the rights of women and girls, and for gender-responsive approaches to a transformative future.



6. For the well-being of families in all their forms.

7. For safeguarding the dignity of all those who are dying and have died during the pandemic.

8. With all those grieving the loss of loved ones.

9. With those who have lost their livelihoods and all who feel vulnerable during these uncertain times.

10. For the integrity and unity of all earth systems and the reduction of fossil fuel consumption in light of the lessons learned during lockdown.



11. For human rights and the values of the Common Good which enable all individuals to have the food, water, shelter, clothing and health care required to live with dignity.

12. For the development of collaborative relationships between central government, local governments and civil society that secures the social protection needs of ALL people within jurisdictions.



13. For just and merciful leadership at all levels.

**WHAT ARE YOU BEING CALLED TO, AND
WHERE DO YOU STAND?**



HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS



Issue Spotlight: Housing

The COVID-19 pandemic has fundamentally increased the urgency to end homelessness and the critical need to put the dignity and well-being of those without a home at the centre of the pandemic response.

Homelessness is often attributed to the failure of multiple social, economic & political systems.

THE INTERCONNECTEDNESS OF HOUSING & HEALTH



- Adequate, secure, non-congregate housing, along with access to hygiene & sanitation facilities is essential to safeguard public health.
- Uncertainty and continued changes of environment for people experiencing homelessness is extremely traumatic and emotionally distressing.

Increasing vulnerabilities:

- Mass human rights violations.
- Over reliance on the private sector to provide housing.
- A lack of long term outcome oriented systems by governments and local authorities.
- Economic instability.
- Lack of Social Protection.

COVID-19 HAS EXACERBATED THE GLOBAL HOUSING CRISIS



THE MERCY WORLD CONTINUES TO BE A LEADING MINISTRY HELPING THOSE AT RISK OF AND EXPERIENCING HOMELESSNESS



- Mercy communities have continued to provide essential services to those living on the streets and in temporary accommodation.
- The Mercy World continues to actively advocate at local and international level to end homelessness.

Call to Action

- **Advocate for the Human Right to Adequate Housing** - Focus on inclusive, safe, supportive, affordable and accessible housing to enable individuals and families to live secure, dignified lives.
- **Promote a new opportunity to shape housing policy** - Enact policies that address the root causes of homelessness and protect the human right to housing. Include those with lived experience of homelessness in decision making and influencing policy.

HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS

ISSUE SPOTLIGHT: FOOD AND WATER

COLLAPSE OF FOOD PRODUCTION SYSTEMS AND SUPPLY

COVID-19 has threatened the food security and nutrition of many families and communities across the globe. As families have lost their economic livelihoods, they are unable to support themselves and their children resulting in lack of access to essential needs and assistance



LACK OF ACCESS TO WATER AND SANITATION SERVICES DURING COVID-19

Approximately 4.2 billion people do not have safely managed sanitation services and 3 billion lack basic hand washing facilities. COVID-19 has highlighted the inequitable access and availability of safe water and sanitation.



FOOD SECURITY

Sisters, Associates and Partners in Mercy have mobilized to ensure that families and children receive proper nutrition in the face of food insecurity. They have designated food and nutrition as essential, while providing the necessary assistance to vulnerable groups.



HUMAN RIGHT TO WATER AND SANITATION

The human right to safe drinking water and sanitation is derived from the right to an adequate standard of living and inextricably linked to many other human rights, including physical and mental health, and the right to life and human dignity

CALL TO ACTION

- **Advocate for the Right to Food**, by bolstering agricultural and food systems with long-term sustainability goals.
- **Promote the Human Right to Water and Sanitation (HRWS)** in order to change systemic injustices that prevent water being accessible to all. Existing injustices include: the privatization of water, poor water governance, unsustainable agricultural practices and gender inequality.



HOPE IN A TIME OF PANDEMIC

RESPONDING TO COVID-19 THROUGH A MERCY LENS

Issue Spotlight: Livelihoods

Lockdowns, "stay at home" orders, and sickness due to the COVID-19 pandemic have resulted in loss of livelihood and income for many individuals and families. Women, migrants and workers in the informal economy have experienced particular hardships due to the increased burden of unpaid care work, unregulated working conditions, low wages and a lack of social protections. Throughout the Mercy World, Sisters, Associates and Partners have been responding in a multitude of ways to those suffering from the impacts of COVID-19.

UNPAID CARE & DOMESTIC WORK

Women spend

3x

as many hours as men in unpaid care and domestic work, limiting their access to decent work.

GENDER PAY GAP

The global gender pay gap is stuck at

16%

with women paid up to 35% less than men in some countries

ACCESS TO FINANCIAL RESOURCES

Globally,

65%

of women had an account at a financial institution in 2017, compared to 72% of men

FEMINIZATION OF POVERTY

Women aged 25-34 globally are

25%

more likely than men to live in extreme poverty

Call to Action

Raise the plight of women and girls in all efforts to address the socio-economic impact of COVID-19

Advocate for supporting measures in response to COVID-19 that go beyond workers who hold formal sector jobs and include informal, part-time and seasonal workers, most of whom are women

Celebrate and acknowledge frontline workers, recognising that they are vital workers in our society who are valued and make a positive contribution





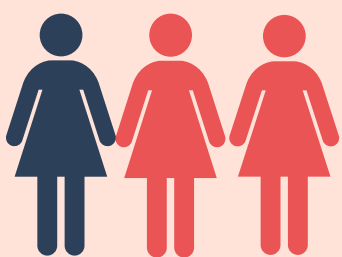
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ISSUE SPOTLIGHT: VIOLENCE

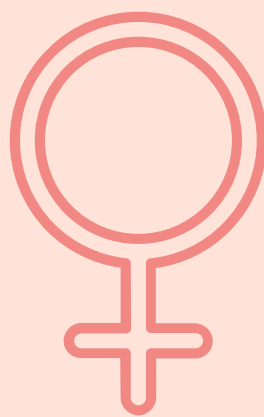
Gender-based violence is considered to be any harmful act directed against individuals or groups of individuals on the basis of their gender... Although men & boys are also targets of gender-based and sexual violence in conflict situations, the victims of such violence continue to be disproportionately women & girls.

"The Mercy World seeks to empower women and girls to strengthen their capacities to claim their rights"



Worldwide, nearly one in three women (30%) have experienced physical or sexual violence at some point in their lives committed by their intimate partners.

Women and girls account for 84% of the victims of forced marriage and 96% of early marriage



99% of victims in the sex industry are women and girls



38% of all murders of women are committed by (ex-) intimate partners



"Through individual, local, national and global mobilization we can challenge harmful gender narratives that justify violence against women and stigmatize survivors"

Gender Violence & COVID-19



Violence against women tends to increase during every type of emergency, including epidemics. Older women, girls, and women with disabilities are likely to have additional risks and needs. Women who are displaced, refugees, and living in conflict-affected areas are particularly vulnerable.



Call to action:

- The United Nations 2030 Agenda for Sustainable Development Goal 5 calls on all countries to make gender equality the foundation of a peaceful and sustainable world.
- Participate in Mercy Global Action's advocacy actions for the **#16DaysOfActivism** against Gender-Based Violence. Join us on Twitter **@MIAGlobalAction**.

5 GENDER EQUALITY

