Afghan Women Support
Empowerment through education and work

Women-led pathways to health,education agency and resilience in Afghanistan

Education • Mental Health • Digital Access • Livelihoods • Feminist Community Action

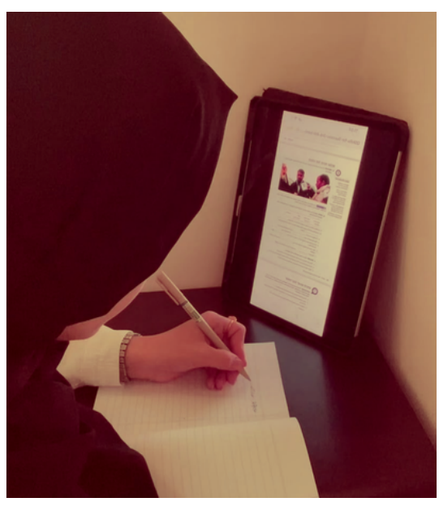
Women creating pathways to economic agency, community and wellbeing in Afghanistan.

WHY THIS MATTERS

Restrictions on education, mobility, employment and public participation shape women's health equally as access to healthcare. They affect psychological wellbeing, economic security, social connection and the ability to imagine and build a future.

AWS responds across these interconnected determinants rather than treating them as isolated needs.

INTERCONNECTED PATHWAYS TO WELLBEING



EDUCATION & DIGITAL ACCESS

English, academic learning, STEM and internet access create routes into education even where physical access is restricted.

Learning can strengthen confidence, connection and future participation.

A FEMINIST, WOMEN-LED APPROACH

Women are not passive beneficiaries. They are knowledge holders, decision-makers and co-creators of solutions. AWS centres lived experience, local knowledge, dignity and agency — and creates spaces in which women can learn, connect, earn, create and lead.

WHY MENTAL HEALTH SUPPORT IS NEEDED

Restrictions on education, employment, mobility and public life have profound consequences for Afghan women's mental health. 75% of Afghan women surveyed reported poor mental health, while 48% knew a woman or girl experiencing anxiety or depression and 8% knew someone who had attempted suicide.

Through Noor-e-Hayat, Afghan Women Support provides free and confidential psychological support in culturally and linguistically accessible settings. The programme creates a safe space to seek support, reduce isolation and strengthen connection, wellbeing and agency.

75% reported poor mental health

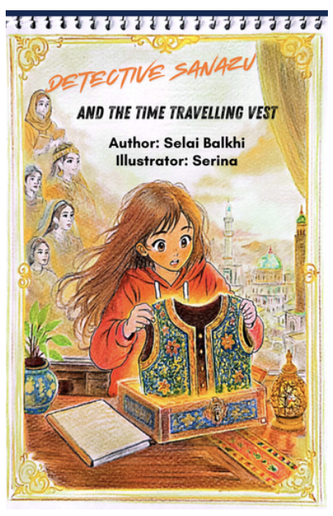
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8% knew a woman or girl who had attempted suicide

Sources: UN Women / OHCHR-DROPS, 2023–2024



VISUAL STORYTELLING & CULTURAL KNOWLEDGE — DETECTIVE SANAZU



Female literacy in Afghanistan remains critically low — only 27% of women were literate in 2021. Limited access to education also restricts access to historical and cultural knowledge. [UNICEF Global]

Detective Sanazu uses illustrated stories to make Afghan women's histories and cultural heritage accessible through visual storytelling. Created by a young Afghan woman, the project is also a way to reclaim her own voice. By combining images and narrative, the project creates an alternative pathway to knowledge beyond conventional literacy.
The stories help women connect with Afghanistan's history, recognise their own experiences and engage across generations.

Source: UNICEF Global, 2021

LIVELIHOODS



Handicraft, skills development and entrepreneurship are approached as more than income generation. Economic agency can strengthen dignity, social connection, household resilience and psychosocial wellbeing.

CURRENT REACH AFGHAN WOMEN SUPPORT

150+ English students

100 high-school students

50 internet connections / month

30 robotics students

WHAT OUR WORK SUGGESTS FOR GLOBAL HEALTH

- Address intersconnected social determinants rather than isolated needs.
- Shift meaningful decision-making power toward locally embedded women and communities.
- Recognise education, mental health, digital inclusion and livelihoods as mutually reinforcing pathways.
- Measure impact not only through participation, but through agency, connection and possibilities for the future.

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