



# HUN LIM

Hun Lim dreams of having a small farm, raising some chicken and ducks.

She lives in Kampong Cham, in a village called Kbal Hong Chas. Her husband's welding work takes him far from home, and she spends her time with her mother and her 2-year-old son. It's a challenging situation. "It's stressful and I think a lot", she says.

Although she didn't know it at the time, Lim was suffering with anxiety.

*"I had difficulty communicating, I rarely met outsiders and preferred to stay at home. Small things made me angry."*

She also had problems sleeping, which made her feel weak and exhausted. When COVID hit, things became worse.

Not only did she worry that her family might get the disease, but also found their household finances were impacted. Her husband earned less than before and faced delays in payment. They found themselves in greater debt and reduced the amount they spent on food.

*"It made me angry. We were trying so hard to be thrifty. Why was it not enough?"*

The situation eventually caused Lim to seek help. In May, Lim was diagnosed with anxiety, after an assessment by Transcultural Psychosocial Organization (TPO).

Suddenly everything made sense. She realized she had been suffering with the condition for five years. And she was finally able to begin treatment.

Lim's story is not unique. COVID has been a significant source of stress and anxiety for millions of people, particularly those without a safety net.

And for many, they live with anxiety without knowing that they have the condition. Mental health awareness is low, and services are limited, even though the need is high.

Her experience highlights further social inequities of the pandemic.

Financial stress is disproportionately felt by those with lower incomes, leading to a greater mental health burden.

Even though COVID still causes her anxiety, Lim now feels more in control since her diagnosis. She has received counselling and been prescribed medication to reduce her symptoms. She is now sleeping better, feels stronger, healthier and more positive about opportunities for the future.

**"After COVID-19 I became even more anxious about my family's health, especially my husband as he was working away. This made my condition worse."**