Women's groups improve mental wellbeing and functioning in vulnerable new mothers

Proyecto Buena Semilla

- Improved general mental health and wellbeing
- Local idioms of distress
- Co-design of group intervention with local women
- Local knowledge, norms and practices
- Improved coping strategies, problem-solving skills
- Increased depression symptoms
- Increased knowledge
- Strengthened social networks, local capacity, resources
- Improved self-efficiency
- Implementation of women’s groups achieves:
  - Improved coping strategies, problem-solving skills
  - Increased depression symptoms
  - Strengthened social networks, local capacity, resources
  - Improved self-efficiency
  - Increased infant stimulation activities

Individual and collective empowerment for change