TREATING PERINATAL DEPRESSION FOR 2 CUPS OF COFFEE
Thinking Healthy Programme

An **evidence-based intervention** that can change the lives of millions of women and children in low-resource settings

- 16 sessions of the evidence-based “talking therapy”
- Integrated into the routine work of community health workers
- Cascade training and supervision of community health workers

**Beneficial effects on infants of treated mothers:**
- Reduced diarrhoeal episodes
- Increased immunization
- Increased parent-infant playing time

**Perinatal depression can be treated for under $10 US**

3 women will recover with treatment and remain well after one year