

TREATING PERINATAL DEPRESSION

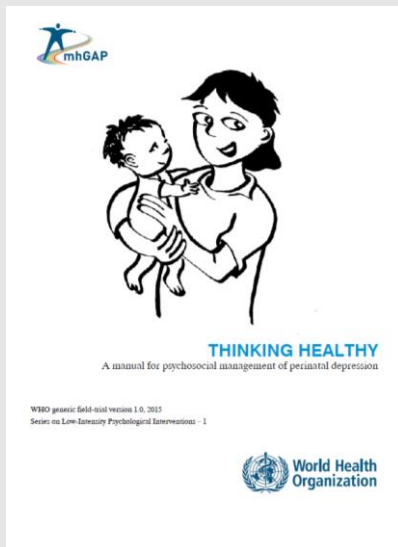


FOR 2 CUPS OF COFFEE



Thinking Healthy Programme

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

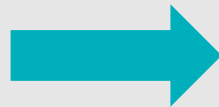


16

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
4