ASSESS AND COUNSEL THE WOMAN FOR SYMPTOMS OF DEPRESSION AT ANC AND PNC VISIT

OBSERVE OR ASK		SIGNS & SYMPTOMS	CLASSIFY	TREATMENT	
FA	Does the mother (and the baby) look neat & tidy? Does the mother show interest in breast-feeding? (ANC: Is the mother planning to	ASK FOR RISK FACTORS: 1. Did you wish for this pregnancy? 2. Does your partner support you? 3. And does your family or neighbours support you? ASK FOR SIGNS OF DEPRESSION: TWO QUESTIONS – PHQ2:	PHQ 2: ≥ 2 points	SUSPECTED DEPRESSION	 Register Suspected Depression (SD) in ANC or PNC Register (Remarks) Counsel the mother using counselling cards & local supportive practices Refer & accompany to the Health Center PHO, GP or Psychiatric Nurse for PHQ-9: Mild to moderate depression (5 to 14): Counsel; refer for HEW for community follow up Severe depression (15 or higher): Counsel; Refer to Mental Health services; ensure community follow up
3.	Does the mother look at the baby and respond to baby's signals? (ANC: Is the mother interested to talk to the baby in utero?)	1. In the last two weeks, have you felt that you are losing interest in activities you enjoyed before? For example, chatting with friends, going out, playing with your kids If yes, how many days, more or	PHQ 2: < 2 points AND AT LEAST ONE RISK FACTOR PRESENT	POSSIBILITY TO DEVELOP DEPRESSION	Register NO DEPRESSION (ND) in ANC or PNC Register (Remarks) Counsel the mother using counselling cards & local supportive practices
4.	Does the woman report or show signs of exposure to violence?	less, you felt this way? NOT AT ALL (0) SEVERAL DAYS (1) MORE THAN HALF THE DAYS (2) NEARLY EVERY DAY (3)	PHQ 2: < 2 points AND NO RISK FACTORS PRESENT	ABSENSE OF SIGNS OF DEPRESSION	Register NO DEPRESSION (ND) in ANC or PNC Register (Remarks) Praise the woman and the family members that support her
5.	Is the woman younger than 18? (Check records)	2.In the last two weeks, have you felt down, sad or hopeless, or have had irritable mood? If yes, how many days, more or less, you felt this way? O NOT AT ALL (0) O SEVERAL DAYS (1) O MORE THAN HALF THE DAYS (2) O NEARLY EVERY DAY (3)			







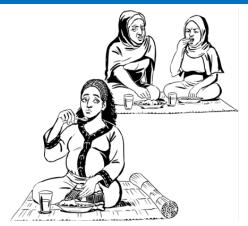
TAKING CARE OF YOURSELF TAKING CARE OF THE BABY WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME? OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME? WHAT IS THIS WOMAN DOING? WHAT IS THIS WOMAN DOING? WHAT IS SHE PROBABLY THINKING OR FEELING? WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD **YOU** ALSO TRY THIS AT HOME? **WHAT ELSE** DO YOU THINK YOU COULD TRY, TO FEEL BETTER? VERY GOOD! WHO CAN SUPPORT YOU? PLEASE TRY WHAT YOU DECIDED, AT HOME!



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

RELATIONSHIP WITH THE FAMILY & NEIGHBOURS



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

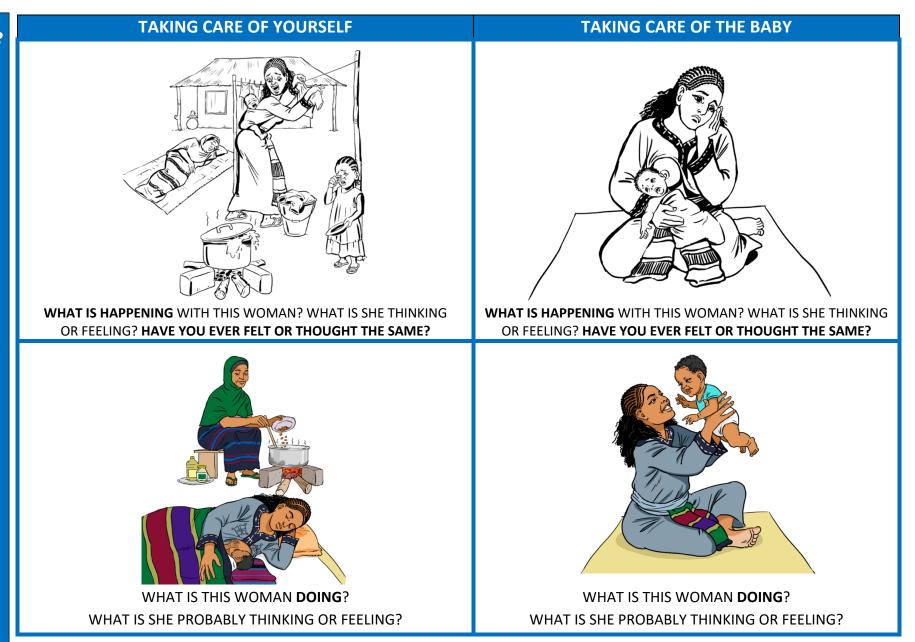


WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD **YOU** ALSO TRY THIS AT HOME? **WHAT ELSE** DO YOU THINK YOU COULD TRY, TO FEEL BETTER? VERY GOOD! PLEASE TRY WHAT YOU DECIDED, AT HOME!



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RELATIONSHIP WITH THE HUSBAND

RELATIONSHIP WITH THE FAMILY & NEIGHBOURS



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN **DOING**?
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COULD **YOU** ALSO TRY THIS AT HOME? **WHAT ELSE** DO YOU THINK YOU COULD TRY, TO FEEL BETTER? VERY GOOD! PLEASE TRY WHAT YOU DECIDED, AT HOME!