



Community-Based Mental Health Support Services for Postpartum Depression Among Women in Nairobi Slums: A Two-Year Outcome Evaluation

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Abstract

Postpartum depression (PPD) affects many women in Nairobi slums, where access to mental health services is limited. A participatory action research approach was used involving focus groups, interviews, and a needs assessment survey among women in Nairobi slums. Women reported increased social support networks and reduced stigma as key benefits from the services offered. The community-based mental health support services demonstrated effectiveness in improving outcomes for PPD but identified need for further expansion and diversification of service types. Expand service offerings to include digital platforms, increase training for volunteers, and implement culturally sensitive interventions.

Keywords: *African geography, community-based interventions, participatory action research, mental health services, postpartum depression, Nairobi slums, cultural sensitivity*

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