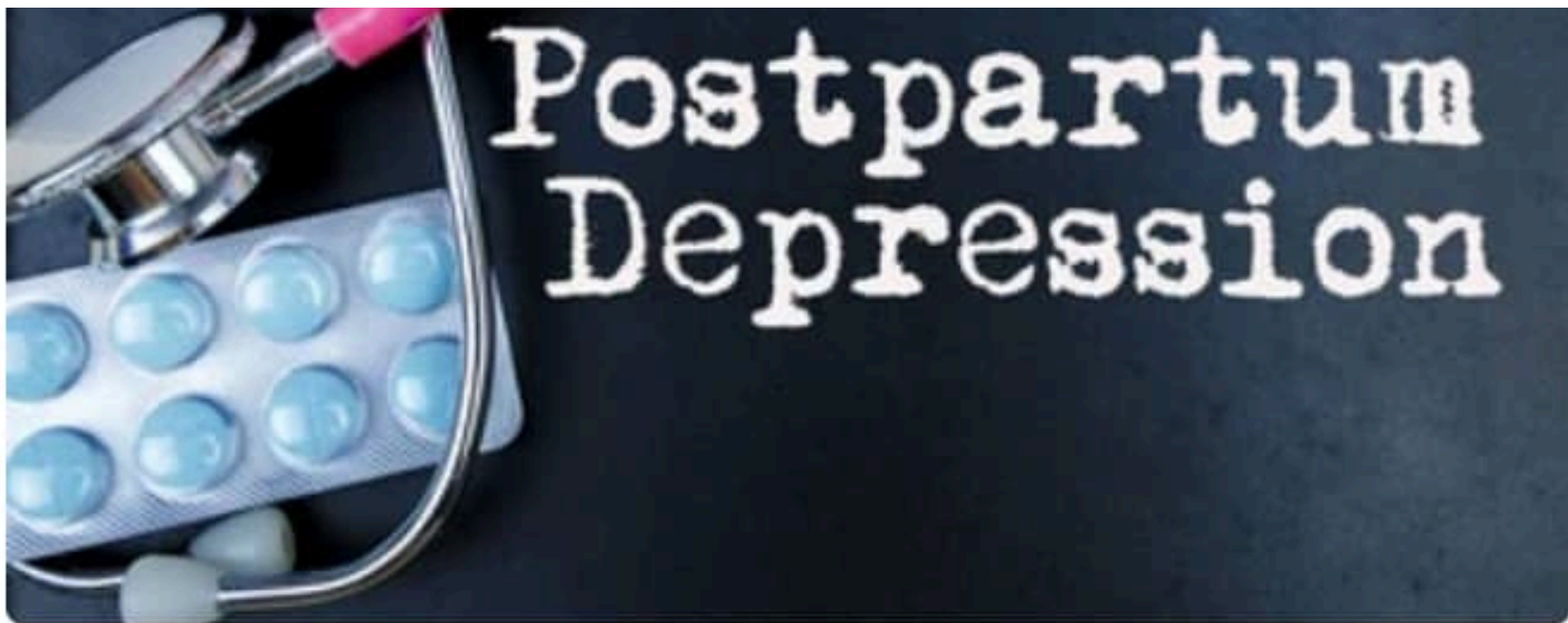


WEEKLY

Newsletter



Editorial Note

This week, ICTMH's Mental Health Wellness Week focused on Postpartum Depression in Nigerian Women: The Silent Battles. For many years, new mothers have been expected to hide their pain and pretend to be fine. This week, we gave them a safe place to speak openly, without fear or shame. Dr. Adeyemi explained the signs, causes, and treatments in a way everyone could understand, showing why the topic is important now.

Our poll showed that more than one in four women had faced all the struggles listed after childbirth, proving that postpartum depression is more common than people think.

On our Weekly WhatsApp Platform, each day had a special theme, from 'Motivational Monday' to 'Self-Care Saturday'. We shared stories, gratitude, low-cost health tips, and moments of prayer and laughter. It was a reminder that healing works best when we do it together.

As we end this week, ICTMH promises to keep creating safe spaces for honest talks. Postpartum Depression can be treated, but it needs kindness, early care, and family support. We hope these conversations reach homes, clinics, and communities, so no mother has to suffer in silence again.

**Warm regards
Ese Ogheneovo
for ICTMH**

Weekly Webinar Training

Topic: Postpartum Depression in Nigerian Women: The Silent Battles

Date: August 8, 2025

Host: Dr. Rebecca Adeyemi

Postpartum depression is a treatable mental health condition affecting some new mothers after childbirth, marked by emotional struggles that are often hidden due to stigma, and requiring empathy, early intervention, and strong family and community support.

Key Highlights

- Prevalence: 10–44% of Nigerian mothers affected; rates highest in the North.
- Spectrum: Postpartum blues to Postpartum depression to Postpartum psychosis.
- Symptoms: Sadness, hopelessness, guilt, loss of energy, appetite changes, insomnia, anxiety, disinterest in baby, suicidal thoughts.

Common Causes

- Hormonal drop in estrogen & progesterone
- Lack of sleep & worry about parenting
- Financial, emotional & marital stress

Risk Factors

- Family/personal history of depression
- Young age (greater than 20) or single parenthood
- Babies with special needs or excessive crying
- Prolonged labor, unplanned pregnancies

Diagnosis: Edinburgh Postnatal Depression Scale; blood and thyroid tests to rule out other causes.

Treatment Options

Counseling, CBT, group therapy

Antidepressants

Hormonal therapy (estrogen + progesterone)

Alternative supports: massage, sleep intervention, partner involvement

Cultural Insights: Traditional postpartum care in Nigeria can protect mothers if consistently practiced.

Family Role: Spouses & mothers-in-law should give emotional, practical, and social support.

Powerful Quotes by Dr. Rebecca Adeyemi on PPD

“A supportive family can be the difference between recovery and relapse.”

“Counseling works best when the partner is part of the healing journey.”

“Hormonal changes open the door, but social pressures can push the mother through it.”



Weekly WhatsApp Interactive Session

ICTMH Mental Health Week Report

Theme: Postpartum Depression in Nigerian Women: The Silent Battles

Date: August 4 – August 10, 2025

Overview

The Initiative for Cognitive Therapies and Mental Health (ICTMH) successfully hosted the August 2025 edition of Mental Health Wellness Week, held virtually via WhatsApp. The week focused on raising awareness and fostering honest conversations about Postpartum Depression in Nigerian Women, a condition often misunderstood or overlooked due to cultural expectations and stigma.

Postpartum depression (PPD) is a mood disorder that can affect women after childbirth, characterized by feelings of sadness, anxiety, fatigue, and emotional detachment. In Nigeria, societal expectations often demand that new mothers instantly display joy, “snap back” physically, and attend to household responsibilities without complaint.

This cultural pressure can make it difficult for women to express emotional struggles, leading to silent battles that go unnoticed.

This week’s sessions combined storytelling, faith-based encouragement, mental health education, and peer support to help mothers feel seen, heard, and validated.

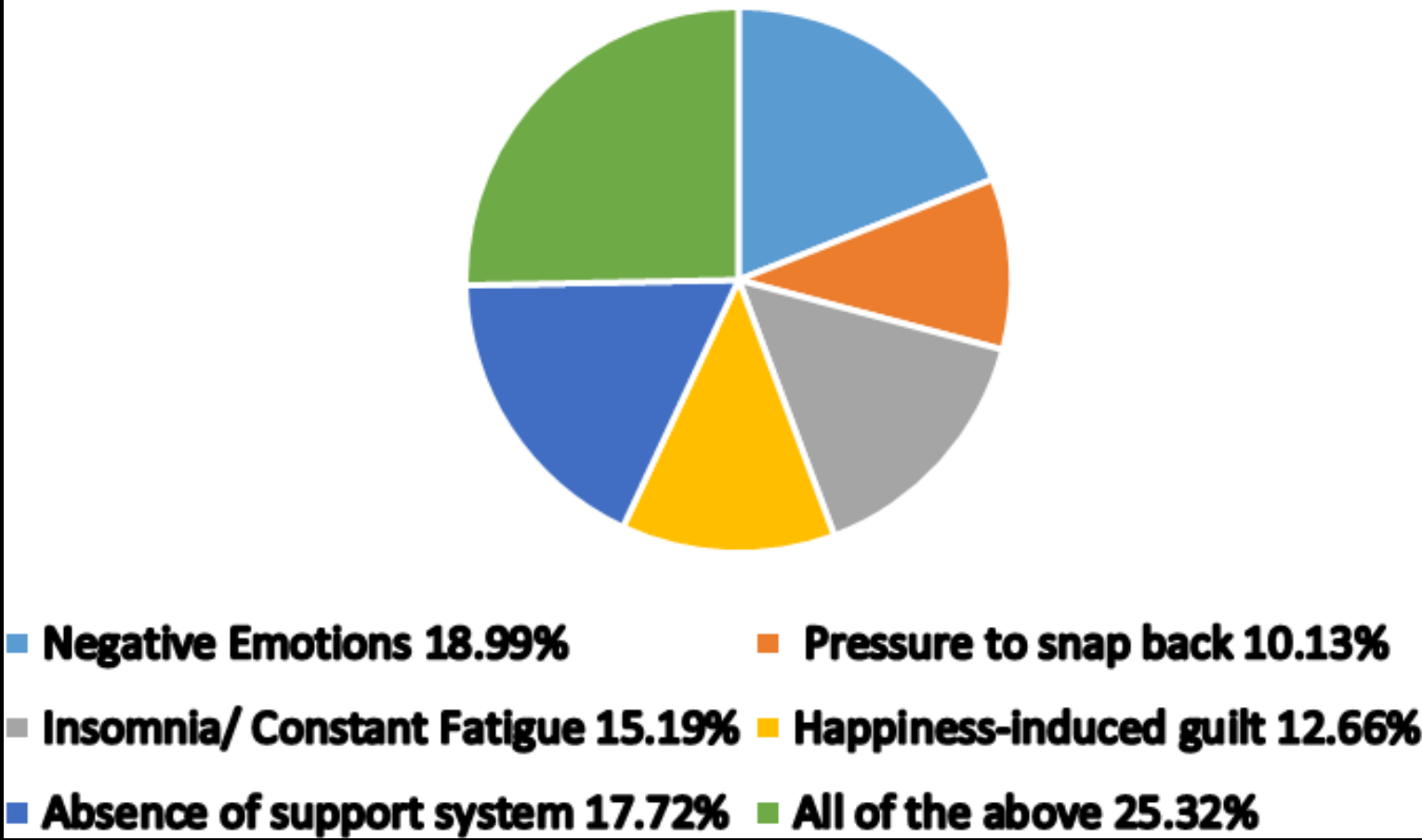
MOTIVATIONAL MONDAY – BREAKING the SILENCE

Participants were introduced to the reality of PPD through relatable storytelling, encouraging empathy and proactive support for new mothers. The narrative of “Titi” illustrated how timely emotional support can be pivotal in recovery.

TALK IT OUT TUESDAY – THE SILENT BATTLES OF NEW MOTHERS

A community poll invited members to identify the most common but often unspoken struggles faced by Nigerian mothers postpartum. The poll results revealed that many women experience multiple challenges simultaneously.

A survey on the overlooked challenges of Nigerian mothers with postpartum depression.



Data: ICTMH August 2025 Event Log and compiled by Elizabeth Idowu

WELLNESS WEDNESDAY – EMOTIONAL CHECK-IN

We focused on creating a safe space for mothers to express their true feelings without fear of judgment. Members were reminded that healing is a process, and using the cliché, it’s okay to not be okay as a motivation source



THANKFUL THURSDAY – GRATITUDE IN THE STORM

We encouraged participants to find moments of thankfulness even while navigating postpartum struggles. Gratitude was reframed as an act of faith and resilience.

FUN FRIDAY – LAUGHTER AND HEALING

A light-hearted session that used humor and shared personal stories to relieve stress and strengthen community bonds.

SELF-CARE SATURDAY – POURING INTO YOURSELF

Mothers were reminded that self-care is essential for survival, not a luxury. Practical, low-cost self-care tips were shared.

REFLECTION & Q&A SUNDAY – FROM WOUNDS TO WISDOM

We closed the week with prayer, reflection, and personal testimonies, reinforcing that vulnerability is a strength and healing is possible.

CONCLUSION

Mental Health Wellness Week for mid-August 8, 2025 was a deeply impactful program, providing education, empathy, and spiritual encouragement around a sensitive topic. The sessions demonstrated the power of combining mental health awareness with community support and faith-based guidance. Feedback from participants underscored the need for ongoing virtual safe spaces that normalize mental health conversations, particularly for women navigating the postpartum period.



RESOURCE & ANNOUNCEMENTS



**UNDERSTANDING ATTACHMENT:
THE DOORWAY TO ADULT HEALING (PART 1)**

Dr. David Thompson
Trainer

15th August, 2025 **8:00PM (WAT)**

zoom
<https://us06web.zoom.us/j/8125200420>

@Cognitivetherapiesng **www.cognitiveng.org**

Call for Journal Articles - ICTMH

ICTMH invites submissions of journal articles focused on mental health and cognitive behavioural therapies, especially those offering African-based solutions. A list of suggested topics is available, but you're welcome to propose your own. Writing guidelines, including word counts and tips, are also provided. Interested? Contact Ese (07068487474) or Michael (08143296589) on WhatsApp. We're happy to support you through the process. Thank you!

To get feedback or stories? Email us at enquiry@cognitiveng.org

For volunteering opportunities, join our team via social media

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