

UNIVERSITÄTSKLINIK FÜR
FRAUENHEILKUNDE UND GEBURTSHILFE DER PMU

Vorstand: Univ.-Prof. Dr. Thorsten Fischer

UNIVERSITÄTSKLINIK FÜR PSYCHIATRIE,
PSYCHOTHERAPIE UND PSYCHOSOMATIK DER PMU
ZENTRUM FÜR INTEGRIERTE PSYCHOSOMATIK IM LKH

Vorstand: Univ.-Prof. Dr. Wolfgang Aichhorn, MBA



UNIKLINIKUM
SALZBURG

LANDESKRANKENHAUS



MENTAL HEALTH AROUND
PREGNANCY, CHILDBIRTH AND
THE PUERPERIUM

Pregnancies occur during many different life situations for women and couples. There are couples who need fertility treatment, there are planned and unplanned pregnancies, and much more.

Life-changing situations and challenges like pregnancy or the birth of a child can trigger fears and worries. Birth and the period following it are not only a physical but, in many cases, also an emotional challenge.

It may be, for example, that adaptation to the new situation is psychologically stressful, and that women sometimes feel energetic, joyless, disinterested, sad, depressed, anxious and hopeless, without any appetite. They ruminate, feel guilty and have difficulty establishing a connection with the baby. Some doubt that they are a good mother, or are afraid of harming the baby. Concentration disorders and insomnia, and perhaps even suicidal thoughts, can also occur. **Symptoms of this type can be due to postpartum depression.**

Talk about it and get support within the family, at counselling centres, or from established psychologists, psychotherapists or psychiatrists





Getting help and accepting help is a sign of strength, courage and a sense of responsibility, because postpartum depression can be treated!

For the pregnancy and postpartum period, figures show that 10–15 percent of women can develop postpartum depression or have already developed depression during the pregnancy phase. If this depressive mood lasts for at least 2 weeks or longer, get help!

Tips

- If the childbirth situation was stressful, or depressive symptoms onset during the subsequent period, talk about it!
- Ask for a psychological consultation on the postpartum ward, take advantage of relevant offers of assistance after discharge, or talk about it within your family circle.
- Do not stay alone with your thoughts and worries!
- Also ensure that you take time out and have recovery periods during the day. Try to sleep when your baby is sleeping.
- Ask a trusted person to take care of your baby for a certain period of time in order to take a break and replenish your energy reserves.
- If possible, share the nights with your partner.

PSYCHOTROPIC DRUGS

Around pregnancy and childbirth, many women are unsure to what extent the use of psychotropic drugs for mental illness can be continued or started. However, a combination of talk therapy and treatment with psychotropic drugs is usually useful, especially for severe postpartum depression

Patient name : _____
Address : _____ Phone : _____
Height : _____ Weight : _____



Diagnosis

Postpartum Depression



- Antidepressants should not be discontinued during pregnancy, but their suitability should be checked and their dosage adjusted.
- It is important that no alcohol and no nicotine are consumed during pregnancy.
- In the event of drug abuse, support in this subject area should be provided by a professional, since rapid discontinuation can also be problematic for the unborn child.
- Gentle soporific agents are allowed after birth to ensure sufficient periods of rest.

ADVICE AND SUPPORT

■ Centre for Integrated Psychosomatics at Salzburg University Hospital, LKH Campus (state hospital)

Tel: +43 (0)57255-27006 (Administrative office)

Email: psychosomatik@salk.at | www.salk.at/5934.html

Psychological and psychiatric support can be provided during pregnancy in the context of prenatal diagnostics, or when presenting to the delivery room outpatient department. In the case of inpatient admission for the birth or for postpartum aftercare consultations, psychological/psychiatric consultations can also be availed of. If necessary, the patient will be transferred to outpatient departments or to psychologists, psychotherapists or psychiatrists with their own practices.

■ Parental advice – early help from the State of Salzburg

Tel: +43 (0)662 8042-2887

Email: elternberatung@salzburg.gv.at | www.salzburg.gv.at/elternberatung

The offer of psychological support during and after pregnancy, postnatal exercises, parent-and-child groups, and outreach support services

■ pepp

Tel: +43 (0)6542 56531 | Email: office@pepp.at | www.pepp.at

Counselling and support for parents before their child's birth and up to the child's sixth birthday in Pinzgau, Pongau and Lungau: psychological counselling, sharing and discussion café for parents of stillbirths, counselling and support from social workers, preparing for childbirth, advice for parents, parent-and-child groups, parenting courses

■ JoJo

Tel: +43 (0)664 16 33 497 (Office) | +43 (0)650 55 30 296 (Consultations)

Email: jojo@hpe.at

www.jojo.or.at

Support and advice for mentally ill parents during the first years of a child's life; child and family sponsorships for families in which one parent is mentally ill.

■ **VIELE association**

Tel: +43 (0)662 87 02 11

Email: office@verein-viele.at | www.viele.at

Women's and family counselling in Salzburg and the Pinzgau and Pongau. Especially for women with a migration history (consultations in different languages, or possibilities for interpretation)

■ **HIKETIDES association**

Tel: +43 (0)650 3209202

Email: office@hiketides.at

The Hiketides association offers culturally sensitive psychotherapy and psychological conversations in patients' mother tongues (Turkish, BKS, Punjabi, Urdu, Hindi, Chinese)

■ **Caritas family assistance**

Tel: +43 (0)662 849 373 – 344

Email: familienhilfe@caritas-salzburg.at

www.salzburg.gv.at/themen/soziales/pflege-und-betreuung/familienhilfe

The prerequisite for deployment of a family helper is usually an illness on the part of the mother/father and a lack of other family care. Family assistance includes housekeeping and childcare.

■ **KiB children care**

Tel: +43 (0)7672-8484

Email: verein@kib.or.at

www.kib.or.at

Care for children at home in the event of illness in the family

■ **Online counselling for women in Upper Austria**

Tel.: +43 (0)732 77 20-11851

Email: frauen@ooe.gv.at

www.frauenberatung-ooe.at

Online counselling for women and girls on topics such as pregnancy, family conflicts, violence, overload in everyday family life

■ **Help line – difficult births**

Tel.: +43 (0)720 322-077

www.rueckhalt.at

Relief by telephone, anonymous and free

Tue 2:00 pm – 4:00 pm

Fri 9:00 am – 11:00 am

■ **SALK Family Counselling Outpatient Clinic**

Tel.: +43 (0)57255-24807

www.salk.at/6543.html

Every Monday and Wednesday from 4 pm by appointment (arranged by telephone). For women in difficult financial situations, questions about sexuality, pregnancy conflicts, and contraception

■ **COCOON – Counselling + education for women in the Pongau and Pinzgau**

Tel.: +43 (0)6452-67 92 Altenmarkt

Tel.: +43 (0) 664 20 49 151 St. Johann i. Pongau

Tel.: +43 (0)650 88 00 279 Mittersill/Saalfelden

www.kokon-frauen.com

Psychosocial counselling centre with multiple locations

■ **NORA – Counselling for women and families in Mondseeeland**

Tel.: +43 (0) 664 105-0055

Tel.: +43 (0) 6232 222-44

Email: info@nora-beratung.at | www.nora-beratung.at

Free counselling centre in Mondsee for women, girls, and families in difficult life situations

■ Further information about pregnancy and childbirth, baby blues, postpartum depression, etc., can also be found at:

<https://www.gesundheit.gv.at/leben/eltern.html>

Or at: www.schatten-und-licht.de

■ Further information and tips for the postpartum period can also be found at:

<https://www.fruehehilfen.at/>



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Publisher: Gemeinnützige Salzburger Landeskliniken Betriebsgesellschaft mbH
Party responsible for the content: Mag.^a Viktoria Steinacher, Mag.^a Marion Gruber-Müller,
Dr.ⁱⁿ Agnes Gamsjäger-Amann
Graphic design: Alexander Schnöll
Images: AdobeStock



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