



Magee Behavioral Health

SARAH DEBRUNNER, M.D.

CLINICAL ASSISTANT PROFESSOR OF PSYCHIATRY

WESTERN PSYCHIATRIC INSTITUTE AND CLINIC

Coping With a New Fetal Diagnoses

- ▶ It's normal to experience a wide range of emotions, including all of the following:
 - ▶ Sadness
 - ▶ Anger
 - ▶ Anxiety
 - ▶ Guilt
 - ▶ Numbing
- ▶ These emotions may also change as you move through the pregnancy and into the postpartum period.

Coping With a New Fetal Diagnoses

- ▶ It is not your fault
- ▶ Avoid self-blame
- ▶ Focus on self-care
- ▶ Ask for help

How to Cope and Reduce Stress

- ▶ Adequate sleep
- ▶ Healthy Diet
- ▶ Exercise
- ▶ Delegate responsibilities
- ▶ Relaxation strategies
 - ▶ Meditation
 - ▶ Yoga
 - ▶ Hobbies
- ▶ Make a plan and take action
 - ▶ Enlist support of medical team
 - ▶ Join support groups
 - ▶ Ask family for help
 - ▶ Prepare siblings for the birth of their younger brother/sister

Partners and Supports

- ▶ Provide reassurance and avoid judgement
- ▶ Provide a safe place to discuss feelings
- ▶ Help with household duties
- ▶ Ensure loved one gets adequate rest and nutrition

Mental Health

- ▶ 1 in 7 moms and 1 in 10 dads experience symptoms of depression and anxiety during the postpartum period
- ▶ Symptoms can include any of the following:
 - ▶ Sadness, crying, anxiety, racing thoughts
 - ▶ Loss of joy or pleasure or little interest in the pregnancy/baby
 - ▶ Feeling angry, rage, or irritable
 - ▶ Disturbances in appetite or sleep
 - ▶ Hopelessness, shame, or guilt
 - ▶ Possible thoughts of harming the baby or yourself

When to Seek Help

- ▶ If you are experiencing depression or anxiety
- ▶ If you are unable to cope with problems and daily activities
- ▶ If your thoughts, feelings, or behaviors are creating barriers to living your life
- ▶ If you have thoughts of harming yourself or others

Magee Behavioral Health



- ▶ We are a team of therapists and psychiatrists, specializing in mental health during pregnancy and postpartum.
- ▶ We offer therapy and medication management
- ▶ Scheduling: 412-624-2000
Please tell the scheduling department you are pregnant or postpartum and they will triage you to our clinic