IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

# Psychological counseling during pregnancy and postpartum

**Pregnancy and the postpartum period are important times for you and your baby but can sometimes pose a great challenge that requires support and courage.**

We offer the services of a clinical psychologist for mental health problems during pregnancy and after childbirth.

If you have previously been diagnosed with depression, you are at high risk of developing it again after giving birth. Other mental illnesses that have occurred in the past may recur during pregnancy.

Consultation with a clinical psychologist is definitely needed for depression, anxiety, phobias, panic disorders, sleep problems, eating disorders, obsessive thoughts and relationship problems.

Throughout your pregnancy and for some time after giving birth, your mental health problems will be addressed by a clinical psychologist who will monitor and support you. During the consultation, the psychologist will evaluate your mental illness and its severity and prepare an initial treatment plan. If necessary, you will receive cognitive-behavioural therapy, a scientifically proven intervention that analyses the relationship between a person's thoughts, feelings and actions and attempts to change the patterns that feed mental illnesses.

- At the Women's Clinic, patients with mental health problems during pregnancy and after giving birth are seen by **Ada Alliksoo, a clinical psychologist,** who can be contacted early on, especially if you have a history of mood or anxiety disorders.
- Talk about your mental health concerns with your midwife, who can refer you to a clinical psychologist for consultation.
- Pay attention to your mental health and be sure to seek help when negative or distressing feelings do not go away, but begin to interfere with your daily life.