

Disclaimer: This Webinar was recorded on 4/17/20 and the FAQ answers published on 4/30/20. All current recommendations and policies are subject to change. For the most up to date UCSF COVID related information, visit <https://coronavirus.ucsf.edu/>

Even without a pandemic, pregnancy can be stressful. Around 1 in 7 pregnant women will suffer from anxiety or depression.

How does stress, depression and/or anxiety affect a pregnancy?

Stress, depression, and/or anxiety have been associated with an increased risk of operative delivery, postpartum hemorrhage, and preterm birth. Many different kinds of treatment, ranging from education to medication, are available to help you achieve emotional wellness and decrease the associated risks.

Are medications safe to take in pregnancy for depression and anxiety, and if so, which ones? Can patients breastfeed on SSRIs?

Yes, there are many medications that are safe to take for depression and anxiety with pregnancy and breastfeeding. To address depression and/or anxiety, we generally rely on a class of medications called SSRIs or selective-serotonin reuptake inhibitors. It is important to also explore non-medication options to support your emotional health. An excellent source of information on medication exposures in the perinatal period is MotherToBaby: <https://mothertobaby.org/>

What resources are available to our prenatal patients at UCSF to address mental health?

We're proud to offer various resources for our patients to address mental health. Patients can opt to have an individual in-person or telehealth visit with one of our social workers.

Mental health resources for prenatal patients:

- Perinatal Wellness Program
 - UCSF OB Clinic Psychiatry (1:1 assessments, medication management)
 - UCSF OB Clinic Social Work (1:1 counseling and resources)
- Langley Porter Women's Mental Health (for patients who need longer term psychiatric support)
- Langley Porter Bridge Program (support for patients who need more intensive outpatient treatment, a "bridge" to PHP/IOP)
- Langley Porter Partial Hospitalization Program (PHP) and Intensive Outpatient program (IOP) (support for patients who do not need hospitalization but required intensive support to be outpatient)
- [The Afterglow Postpartum Support Group](#) (WHRC/Great Expectations)

Resources discussed during the webinar:

Mobile phone applications:

- [Calm](#)
- [Headspace](#)
- [Sleepio](#)
- [Buddhify](#)

Mental health resources for patients:

- UCSF Department of Psychiatry (resources for everyone): <https://psychiatry.ucsf.edu/coronavirus/families>

When do you screen patients for anxiety and depression?

- At the first obstetric visit
- At the postpartum visit
- And, coming soon, around 24-28 weeks and 35-37 weeks

Postpartum support for patients:

- Postpartum Support International (pregnancy and postpartum): www.postpartum.net
- The Fourth Trimester Project (postpartum support): www.newmomhealth.com
- Mother To Baby (medication safety in pregnancy and lactation): <https://mothertobaby.org/fact-sheets-parent/>

Wellness Exercises and Relaxation:

- Tracee Stanley: <https://traceeyoga.com/>
- Melissa Whippo: <https://www.melissawhippo.com/>