

POSTPARTUM ILLNESSES

BRIEFLY EXPLAINED



Postpartum depression / anxiety and obsessive-compulsive disorders concerning childbirth

In these clinical pictures, gradations from mild adjustment disorders to severe forms are possible. The usually insidious process can occur during pregnancy or in the first weeks or months after delivery.

Possible indicators:

- Sadness, frequent crying
- Feeling of inner emptiness, loss of interest and joy
- Fatigue, exhaustion, lack of drive
- Sleep disorders and concentration problems
- Feelings of guilt and failure, self-blame
- Ambiguous thoughts and feelings towards the child
- Headache, vertigo, heart problems
- Compulsive thoughts, fears, panic

Peripartum psychosis

Peripartum psychosis is very rare and can occur in the first four weeks after delivery. Due to the risk to mother and child, inpatient treatment may be necessary.

Possible indicators:

- Delusions, mostly related to children
- Hearing voices and other hallucinations
- Extreme anxiety
- Severe physical restlessness or immobility and apathy
- Suicidal thoughts

CONTACT ADDRESSES



CONSULTING SERVICES / SUPPORT / MEDIATION

Contact point Frühe Hilfen

Information and early aid

☎ 05551 908 2642

✉ fruehe-hilfen@kinderschutzbund-norheim.de

Pro familia

☎ 0551 58627 (Registration via Göttingen)

✉ norheim@profamilia.de

Caritas Centre Norheim

☎ 05551 9 96 83-10

✉ familienbuero@caritas-suedniedersachsen.de

IF POSTPARTUM MENTAL ILLNESS IS SUSPECTED

Social Psychiatric Service

☎ 05551 708 575

✉ sozialpsychiatrischerDienst@landkreis-norheim.de

Psychotherapeuten.Team Norheim

"Peripartum consultation hour"

Appointment booking via

www.psychotherapeuten.team/terminbuchung

☎ 05551 911 833

Psychiatric Institute Outpatient Clinic Göttingen

☎ 0551 402 1650

✉ pia.goettingen@asklepios.com

NATIONAL COUNSELLING SERVICES/ONLINE SELF-HELP GROUPS

Schatten & Licht e.V.

(with list of consultants)

🌐 www.schatten-und-licht.de

Krise & Geburt

🌐 www.kriseundgeburt.de

LANDKREIS
NORHEIM



MENTAL CRISES CONCERNING CHILDBIRTH

Help and support in the Norheim district

"I should be happy!"

10 - 20 % of all mothers are affected by mental crises concerning childbirth.

We are here for you!

TYPICAL THOUGHTS OF AFFECTED MOTHERS:



- I failed in childbirth, didn't function like I should.
- I did everything wrong.
- I'm a bad mother.
- I can't take it anymore. I can't do this.
- I'm so ashamed.
- I should be happy...
- Me and my needs are not seen at all. Nobody understands me.
- My child/family would be better off without me.
- and much more

THOUGHTS/STATEMENTS OF AFFECTED FATHERS:



- I feel like I've failed.
- I know I'm not well, but I don't have time for that.
- I literally collapsed and sat on the floor crying.
- I couldn't help my wife enough.
- The birth was much worse than I imagined.

Do you recognise yourself in this?

EXAMPLES OF BIRTH CRISES:



- difficult pregnancy
- unplanned cesarean section
- difficult birth
- preterm birth
- stillbirth
- „baby blues“
- Postpartum depression
- Anxiety and obsessive-compulsive disorder/obsessive thoughts
- peripartum psychosis
- Suicidal thoughts



SELF-TEST AND QUESTIONNAIRES



These questionnaires can help you assess your mental health situation. Talk to your midwife or doctor if necessary.

POSTPARTUM DEPRESSION QUESTIONNAIRE - SELF-ASSESSMENT

<https://www.schatten-und-licht.de/Selbsttest/fragebogen-selbststeinschaetzung.pdf>



Note: can also be filled in by the father.

POSTPARTUM ILLNESS QUESTIONNAIRE

<https://www.schatten-und-licht.de/Selbsttest/Fragebogen-PPD.pdf>



BERLIN QUESTIONNAIRE ON THE EFFECTS OF TRAUMATISATION DURING CHILDBIRTH

<https://schatten-und-licht.de/Selbsttest/Fragebogen-Selbsteinschaetzung-BFAG.pdf>

