

# Coping with stress during and after pregnancy



If you're struggling with worry, sadness or other negative feelings during or after pregnancy, talking with a mental health professional may help. Akron Children's Hospital Maternal Fetal Medicine Center and NICU have on-site psychologists to help you cope with difficult thoughts and feelings.

Ask yourself the following questions to see if a psychologist is right for you. Are you:

- Having difficulty concentrating or making decisions?
- Feeling worried, anxious or overwhelmed?
- Feeling sad, hopeless or crying a lot?
- Experiencing mood swings, irritability or anger?
- Feeling fatigued, having trouble sleeping or experiencing changes in appetite?
- Feeling out of control?
- Having thoughts of hurting yourself or your child(ren)?
- Having difficulty bonding with your baby?



If you answered “yes” to any of these questions, contact your Maternal Fetal Medicine provider or talk with the NICU staff to discuss a referral to one of our on-site psychologists.



**Dr. Mallory Zehe, PsyD**



**Dr. Laura Hlavaty, PhD**

Our team of psychologists includes Dr. Mallory Zehe and Dr. Laura Hlavaty, who specialize in treating moms struggling during or after pregnancy with issues, such as:

- **High-risk pregnancies**
- **Fetal abnormalities**
- **Patients with serious medical or physical problems**
- **Teenage pregnancy and motherhood**
- **Postpartum depression and/or anxiety**

Dr. Zehe or Dr. Hlavaty will conduct a brief assessment during your first visit. From there, they will discuss appropriate treatment options for you.

Psychology appointments can be arranged around your regular Maternal Fetal Medicine visits. Telehealth appointments are also available.

For more information, or if you have not been contacted within one week of a referral, call 330-543-4500.

## **Akron Children's Hospital Maternal Fetal Medicine**

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**Akron  
Children's**