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## **STRESS PREGNANCY, COVID-19 AND A SOLVES: TELEHEALTH**

### **Introduction:**

Considering the data of the last 2 years, we find that stress and depression have increased dramatically. More specifically, during the pregnancy we saw that the percentages are constantly on the rise. There are many reasons for stress, loneliness, and depression during pregnancy. Concerns about their lives, but also about their newborn are included in them and many others, which are listed below

### **Conclusion:**

Telehealth and constant contact with the patient helped in this important problem, reassuring her, and supervising her quite often through a camera. Furthermore, they were protected from any exposure to the virus but also from constant guidance. However, there are still improvements in telehealth and its applications that we hope will take place in the future

### **Keywords:**

COVID-19, stress, pregnancy, mental health, telehealth

### **Biography:**

Evangelia Michail Michailidou is an ICU Director at General Hospital of Agrinio. She has published a lot of articles. She has more than 10 years of teaching experience.

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