## **Universal**

## Midwives, Health Visitors and GP

Promotion of Mental Health & Emotional Wellbeing



ASK - How are you feeling today?

Level 1

Level 2

Level:

Level 4

Level 5

Act – 'match' the care to the need Right care Right Time Right People

Universal

Watchful Waiting

Active Listening

GP/PMHSS/ CMHT/CAMHS Specialist Perinatal Mental Health Services Perinatal Mental Health Teams & Inpatient Provision

Promote and signpost to community groups and online resources

Bump, Baby & Beyond | Tommy's Parenting
- My Pregnancy & Post-Birth Wellbeing Plan.
Give it time. | GOV.WALES



Continue to re-assess by - Asking,
Assessing and Acting at each contact