

Pre-Conceptual Care Specialist Team

Are you planning to become pregnant and have severe mental health difficulties?

Ask. Assess. Act

Match the care to the need
Right Care. Right Time. Right People

Specialist Perinatal
Mental Health Services
Perinatal Mental Health
Teams & Inpatient Provision

Active
Listening

GP/Primary Mental
Health Support
Service/Community/
Adolescent Mental
Health Teams

Watchful Waiting

Universal



You can be referred to people who will support you and your family.



We will work with you and your family and include partners and family who support you.



The review should include:

Finding out about you including plans, risks, what would protect you, who supports you and how to keep yourself well.

Thinking about your medication choices, what and how much to take during pregnancy and risks of you becoming unwell.

Talking about the risks and benefits of taking medication during pregnancy or when breastfeeding.



We will provide a safe place for you to think about your fears and wishes, so that you can make the right decisions for you and your family.



Thinking about your mental health, medication, other support that you may need, planning the birth and working together with your midwife and health visitor.

If you become pregnant you will be offered more support.



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales