

# Supporting you to feel good

## 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 will be ASKED - How  
are you feeling today?



You may need to be asked more  
questions about how you are feeling, so  
that you can decide how we support you

Level 1

Level 2

Level 3

Level 4

Level 5

This is to make sure that you and  
your family are offered the **right**  
support for you at the **right** time

Universal

Watchful Waiting

Active Listening

GP/PMHSS  
CMHT/ CAMHS

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



Having someone to talk to may  
support you to feel better

You will be asked '**How are  
you feeling today**' each time  
and more questions if needed.  
**#Ask Twice**

If you need more support from  
your GP or other people, this  
will be arranged.



You will be offered more contacts to talk about  
how you are feeling.

If it works for you, you will be offered up to 6  
visits, if not, a referral to your GP or Specialist  
Team may be suggested.



GIG  
CYMRU  
NHS  
WALES

Rhwydwaith Iechyd  
Meddwl Amenedigol  
Perinatal Mental  
Health Network

If at any time you or others notice significant changes to how you are feeling, new symptoms, thoughts of or harming yourself, feeling that you are not a 'good enough' parent or that you do not want your baby

**Ask Assess Act**

You will be asked more questions and a referral to other people may be needed

After each contact, your progress will be reviewed and decisions made with you about what is needed next

**You are getting better**

You will be offered more support, up to 6 contacts if needed

At the end of the contacts you will be asked **more questions**

**You are feeling much better**

You'll be provided with information about **local support**

**You need more support**

You may need a **referral** to other people



**You need more support**

Referral to other people for ongoing support **will be discussed with you**