

Specialist Assessment

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 can 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

We may need to ask more
questions to find out
what you need

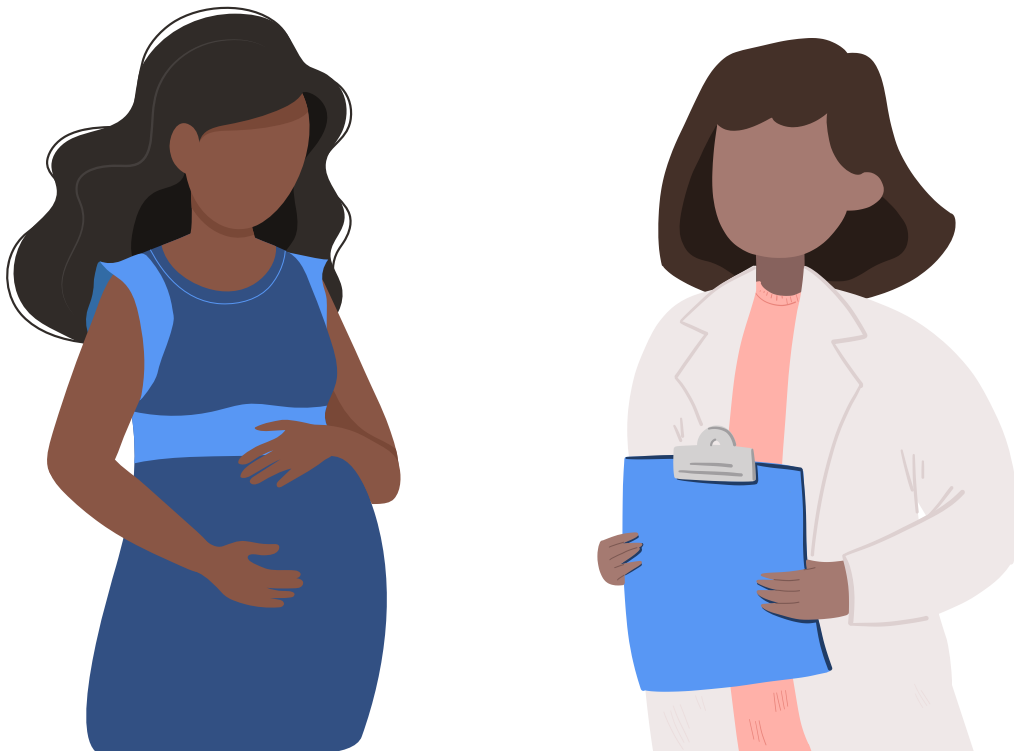


You may need more support from people in our specialist teams.

They will contact you and arrange to speak with you.

Together you will decide what support you need
to keep you well through pregnancy and after
having your baby.

You can also agree what support and care you would like
when you give birth and after you have had your baby
- **your birth plan.**



GIG
CYMRU
NHS
WALES

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Perinatal Mental
Health Network

#OpeningDoorsToParenthood
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