

Psychological Support & Interventions

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

Ask - How are you feeling today?

Universal ●

Assess - offer further screening using the EPDS and/or GAD-7,
professional judgement and discussion with the woman

Level 1

Level 2

Level 3

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

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Mental Health Services
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Provision

Level 1
Signposting (to
community support
and online resources)

- The Pregnancy and Post-Birth Wellbeing Plan
- Bump, Baby and Beyond
- Parent, Baby & Toddler Groups
- Third Sector & Voluntary Services



Links to local groups
and services:



Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales

Level 2 - Watchful Waiting – (Further contact within 2 weeks)

- Consider signposting (to community support and online resources as outlined in Level 1)
- Signposting and supporting access to appropriate services- housing, Citizen's Advice Bureau, counselling, drug and alcohol services
- Online resources - Living Life to the Full (Enjoy Your Bump, Baby and Infant)
- Silver Cloud
- Reading Well

Level 4 - GP/ Primary Care/ Local Primary Mental Health Support Services/ Community /Adolescent Mental Health Team

- Consider signposting (to community support and online resources as outlined in Levels 1,2 & 3)
- Written information – Self Help Guides
- Third Sector & Voluntary Services
- Referral to Local Primary Mental Health Support Services, Community/Adolescent Mental Health Team or Psychology Therapies Services

The therapies outlined below may be offered at both levels 4 and 5

The evidence base for psychological approaches within the perinatal-specific mental health context is less robust than other populations. Interventions at these levels will be informed by a comprehensive clinical assessment with the woman and supported by appropriate outcome measures and information from other professionals if required.

- Cognitive Behaviour Therapy (CBT)
- Compassion Focussed Therapy (CFT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT)
- Eye Movement, Desensitisation and Reprocessing (EMDR)
- Video Interactive Guidance (VIG)
- Interpersonal Therapy (IPT)
- Parent-Infant Psychotherapy
- Systemic Family Therapy
- Mindfulness Based Cognitive Therapy (MBCT)
- Mentalization Based Therapy (MBT)

Level 3 - Emotional Health & Wellbeing Contacts (Active Listening Visits)

- Consider signposting (to community support and online resources as outlined in Levels 1 & 2)
- Local family support services
- Signposting to Stress Control, MIND Active Monitoring and/or ACTIVATE Your Life or equivalent
- Written information – Self Help Guides

Level 5

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

- Any services included within levels 1 – 4 should also be considered
- Parent/Infant relationships services
- Individual psychological therapy tailored to need
- Collaboration between the Specialist Community Perinatal Mental Health team and other services for example - Community Resolution Home Treatment Team, Community Mental Health Team, Community Adolescent Mental Health Team, Adult Learning Disability Team, Eating Disorder and Substance Misuse Services

NB - this list is by no means exhaustive and collaboration between services will need to reflect individual needs.

