

Watchful Waiting

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



ASK - How are you feeling today?

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
Perinatal Mental Health
Teams & Inpatient
Provision

Arrange to contact the woman in two weeks



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales

Promote and signpost to community groups and on-line resources



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



ASK - How are you feeling today?



Level 1

Asses - 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
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Refer to Pathway 5 for further guidance

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

