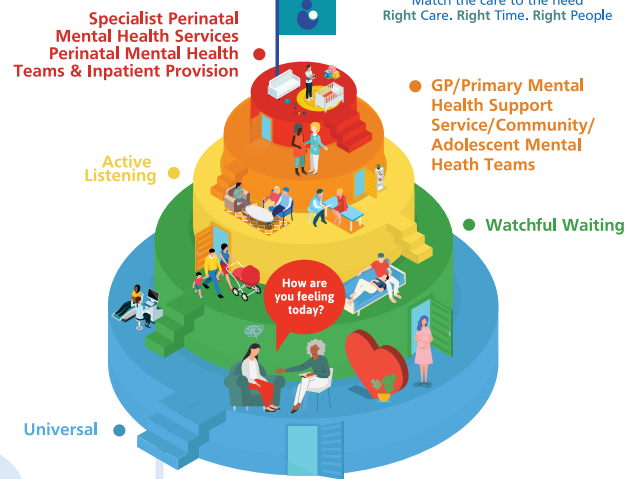


# Universal Midwives, Health Visitors and GP

Promotion of Mental Health & Emotional Wellbeing

## Ask. Assess. Act

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



Act – ‘match’ the care to the need  
Right care Right Time Right People



Promote and signpost to **community groups** and online resources

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



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