

Emotional Wellbeing Visits

Ask. Assess. Act

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

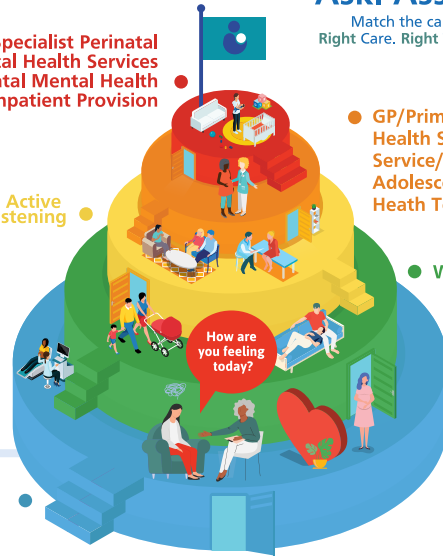
Specialist Perinatal Mental Health Services
Perinatal Mental Health Teams & Inpatient Provision

● GP/Primary Mental Health Support Service/Community/Adolescent Mental Health Teams

● Active Listening

● 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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If the woman is experiencing stress or finding it difficult to manage or has any other symptoms indicative of psychological distress



Consider offering up to 6 emotional wellbeing visits

Offer weekly assessments to monitor progress (level of distress, level of emotional wellbeing, sense of achievement)



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales

If at any time there are any **significant changes** in mental state or emergence of new symptoms, new thoughts or acts of self-harm, new and persistent expressions of maternal incompetency or rejection of the foetus or baby.

Ask Assess Act

Consider the need for a referral to GP and/or specialist perinatal mental health team

After each contact review progress - Ask Assess Act re-assess using EPDS and / or GAD7 after the 3rd contact or before as required

Improvement in mental state

No improvement in mental state

Discuss and offer further contacts, **up to a maximum of 6** of required

Consider need for a referral to **GP and/or specialist perinatal mental health team**. The safety of the baby and any other children is paramount and her/his needs must be assessed immediately prior to a referral to any perinatal mental health team/services.

End of 6 contacts review – Ask Assess Act re-assess using EPDS and/ or GAD7



Improvement in mental state

No improvement in mental state

Signpost to **community support and groups**

Consider the need for a referral to **GP and/or specialist perinatal mental health team**

Refer to **Pathway 3** for further guidance

