

Talking Therapies

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?

We may ask you more questions about how you are
feeling, so that you can decide how we support you.

This is to make sure that you and
your family are offered the **right**
support for you at the **right** time

For All

Checking In

Listening to you

GP

Specialist Team /
Inpatient

For All

Telling you about local
groups and support

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



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales

Checking In

Contacting you again in 2 weeks

We will ask you how you are feeling, and if there is any additional support that you would like.

We will tell you about local groups and support services.

We will also let you know where you can find support online.



Listening to you

We will tell you about local groups and support.

We will also let you know how you can get support online.

You may also be offered up to six Emotional Wellbeing Visits.

In these Emotional Wellbeing Visits, we will spend time talking to you about how you are feeling, and helping to identify any particular concerns. You may be offered tools and support with self-care and problem solving, coping with negative thoughts, and supporting your relationship with your baby.

GP and Community Mental Health

We will tell you about local groups and support and where to go to for support online.

If you would like additional support your GP may arrange for you to access the primary care mental health service or community mental health team. They have a range of options to support you to feel better, including guided-self help, psychoeducational groups or brief individual counselling. These interventions are shown to help with low mood, anxiety, PTSD or fear of giving birth.



Specialist Team and Inpatient Care

We will tell you about local groups, support and where to go for support online.

If you are feeling very distressed or are struggling with thoughts of harming yourself, you may be offered support within your specialist perinatal mental health team. The team will work with you to find out what support you, your baby and family need - they have a range of people such as doctors, psychologists and specialist midwives who can offer this. You may be offered individual therapy, in which the therapist helps you to make sense of your difficulties.

If you and the team feel that you need more intensive support to stay safe and to get better, you may be offered a stay within a specialist unit.



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