

Supporting everyone during pregnancy and after having a baby

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 are feeling today?

Level 1

Level 2

Level 3

Level 4

Level 5

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

Universal

Watchful Waiting

Active Listening

GP/PMHSS/
CMHT/CAMHS

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

You will be given information about where you can find **local groups and support**

Where you can access more information:
Bump, Baby & Beyond | Tommy's Parenting
- My Pregnancy & Post-Birth Wellbeing Plan.
Give it time. | GOV.WALES

You'll be asked '**How are you feeling today**' everytime you have contact with us **#AskTwice**



GIG
CYMRU
NHS
WALES

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#OpeningDoorsToParenthood
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