

Giving You Time

Ask. Assess. Act

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

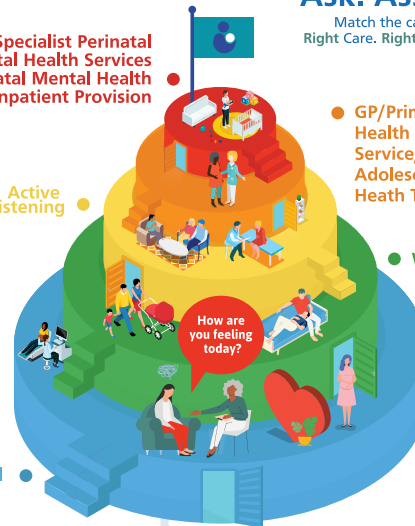
Specialist Perinatal
Mental Health Services
Perinatal Mental Health
Teams & Inpatient Provision

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

Active
Listening

Watchful Waiting

Universal



You will be ASKED - How
are you feeling today?

You may need to be asked more questions
about how you are feeling, so that you can
decide how we can support you.

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

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Mental Health Services
Perinatal Mental Health
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Provision

We will ask to contact you again in
2 weeks to see how you are



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

We will let you know where you can find local groups and **support**

Where you can find 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**



Level 1

We will offer further assesement - offer further screening using the EPDS and/or GAD-7, professional judgement and discussion with individual.

