

# Support from your GP

## 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?



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

When making your appointment, ask for a **double appointment**.

This will give you and your GP time to talk and to decide what support and treatment would be best for you.

<sup>1</sup> If you are pregnant and have been taking psychotropic medication with known teratogenic risk at any time during your pregnancy, your GP will need to:

- Confirm your pregnancy as soon as possible.
- Explain to you that stopping or switching your medication after pregnancy is confirmed may not remove the risk of fetal malformations.
- Offer you further screening for fetal abnormalities and counselling about continuing the pregnancy.
- Explain that you will need additional monitoring and the risks to your unborn baby if you continue to take the medication.
- Seek advice from a specialist if there is uncertainty about the risks associated with specific drugs.

<sup>2</sup> You will find more information on risk from medication at the UK teratology information service at [www.uktis.org](http://www.uktis.org)

Information about the use of medication during pregnancy is available at [www.medicinesinpregnancy.org](http://www.medicinesinpregnancy.org)

<sup>3</sup> Information about the use of medication during breastfeeding is available at <https://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/>

