

# Specialist Assessment

## Ask. Assess. Act

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

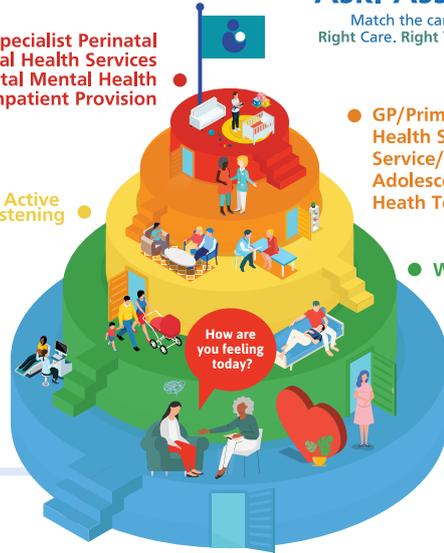
Specialist Perinatal  
Mental Health Services  
Perinatal Mental Health  
Teams & Inpatient Provision

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?



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

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

We may need to ask more questions to find out what you need

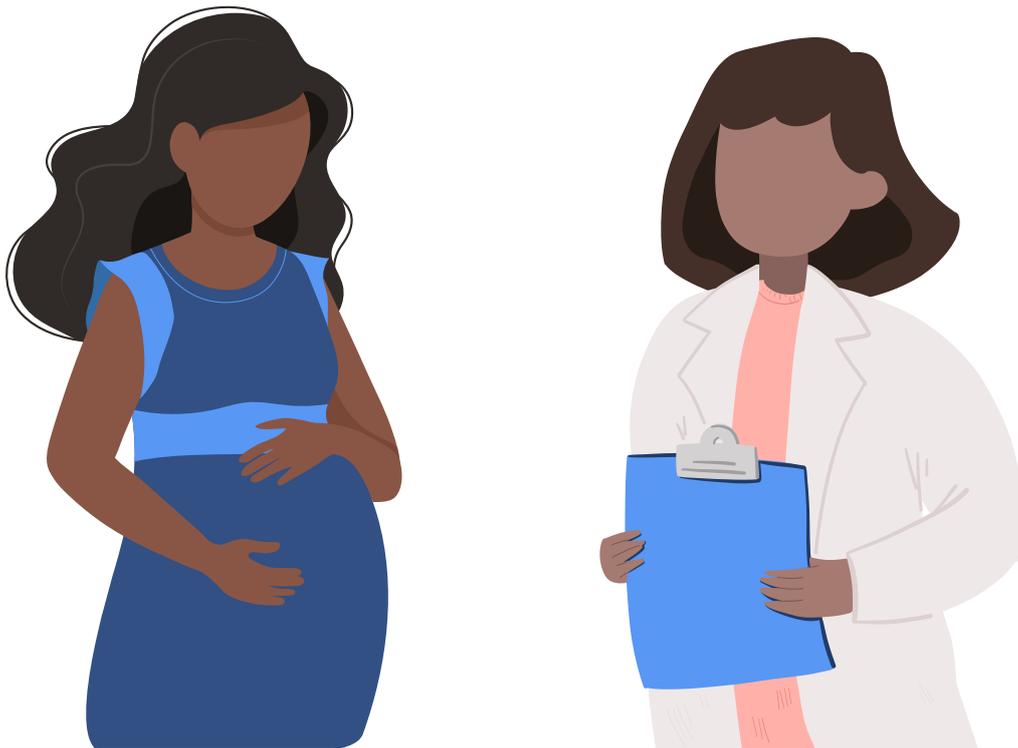


You may need more support from people in our specialist teams.

They will contact you and arrange to speak with you.

**Together you will decide what support you need to keep you well through pregnancy and after having your baby.**

You can also agree what support and care you would like when you give birth and after you have had your baby - **your birth plan.**



GIG  
CYMRU  
NHS  
WALES

Rhwydwaith Iechyd  
Meddwl Amenedigol  
Perinatal Mental  
Health Network

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