

Admission into Inpatient Care

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

If you or your partner notices a sudden change in how you are feeling or behaving.

Or you feel like you want to hurt yourself or your baby.

You must tell someone, so that you can get the right support now.

You may have an existing mental health difficulty that puts you at risk of becoming unwell during pregnancy or after having a baby.

To keep you well, you and the people that you are working with may decide that going into a Specialist Unit would be helpful for you.

Options and plans would be discussed and agreed with you.

We will need to ask you more questions about how you are feeling, so that **you can get the right care as soon as possible.**

The people that ask those questions may be different if you are in hospital or at home.

Once you have been asked more questions, people will let you know what care they think would be best for you.

- This may be in hospital with your baby
- At home with extra support
- In hospital without your baby

People will support you and your family to decide what care would be best for you at this time.



GIG
CYMRU
NHS
WALES

Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

#OpeningDoorsToParenthood
PNMHnetwork@wales.nhs.wales