

THE GUILD FOR CARE & CONCERN

Supporting Pre & Postnatal Clients
with
their Emotional Wellness

G GIVE TIME AND OPPORTUNITY

for someone to come & talk
about any issues, simply
checking in and asking if
someone is ok



U USE OPEN QUESTIONS

listen actively & show your client
that you care, make eye contact
& have open body language



I IDENTIFY

the key areas of concern &
repeat them back, making
sure you understand so you
can offer help



L LISTEN

with no judgement, offering
support & information



D DIRECT HER

to her GP, mental health nurse
GPs, Charity Organisations,
workplace support or any self-
help or apps you may feel are
helpful

