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Description automatically generated**GP MANAGEMENT of EMOTIONAL DISTRESS in CYP**

Dr Alison Cowan: Updated October 2022

* **Mental Health** = on a continuum with emotional distress at one end.
* **Emotional Distress** = describes negative emotion triggered by stressful event or underlying mental health issue.

***Is it a mental health problem or is it normal adolescent angst??***

**T** *transient*

**R** *reactive*

**A** *appropriate*

**M** *manageable*

* Depends on ***impact on functioning (TRAM tool)***

**GENERAL APPROACH**

|  |
| --- |
| **History Taking** |
| 1. **Presenting Symptoms**  * Psychological * Physical   + Sleep, appetite, energy, concentration   + CVS effects of anxiety * Functional impact: allows assessment of severity  1. **Risk Assessment**   ***Significant risk of physical harm?***   * Manifestations of significant distress   + Self-harm/suicide ) ways of coping with   + Eating disorder\* ) intolerable feelings * Safeguarding concern   \**see additional document for pathway*   1. **PMHx of mental health issues and medication** 2. **FHx of mental health issues** 3. **HEADSSS tool includes alcohol and recreational drugs** 4. **General physical health** 5. **Identifiable Triggers?** Helps to:  * explore patient’s perceptions of issues * identify their priorities * *What is worrying you most? Why did you make an appointment?* * *What do you think is contributing to the way you are feeling?* |
| **Mental State Examination** |
| 1. **Appearance and behaviour** 2. **Speech** 3. **Mood** 4. **Thoughts or formal thought disorders** 5. **Perception** 6. **Insight and capacity**    1. *If no capacity may need to consider Mental Health Act* |
| **Risk Formulation** |
| * **Protective risk factors**   + Internal resources   + External support * **Enhancing risk factors**   + **Feelings:** hopelessness   + **Thoughts** about the future; suicidal ideation   + **Behaviours:** self-harm; suicidal plans   + Predisposing factors   + Precipitating factors: internal and external triggers   + Perpetuating factors: patterns of presentation |
| **General Management** | |
| **Stage 1 - Initial Management** | |
| * **Listen:**  non-judgmentally and recap * **Validate:** acknowledge distress * **Explain:** with reference to triggers identified above by pts | |
| **Stage 1 - Ongoing Management**  *(Depends on Risk Assessment)* | |
| ***High Risk Significant risk of physical harm or moderate to severe mental health problem***   * **General measures below +**   + **CAMHs referral via DXS form +/- in a crisis** **0800 6444 101 *(24/7)* or webchat red button via** [www.hpft.nhs.uk](http://www.hpft.nhs.uk) ***(Mon-Fri 07.00-19.00)***     - **Urgent: - Immediate risk < 4hr,** or **If can keep safe < 7d**     - **Routine: < 4wks**   ***Moderate risk mild or moderate mental health problem***   * + **STEP 2 referral via DXS form or advise self-referral via 0800 6444 101**      - **Service information:** <https://www.hct.nhs.uk/our-services/step-2-camhs/>   *+/-* ***Safeguarding referral*** via [www.hertfordshire.gov.uk/childprotection](http://www.hertfordshire.gov.uk/childprotection) | |
| **Stage 1 - Ongoing Management** | |
| ***Low Risk*** (Emotional issue, mild mental health issue)   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1. ***Simple Behavioural Strategies*** 2. **Address specific problem** 3. **General behavioural measures \***    * + - Timetable more valued enjoyable activities  * Better work-life balance * Take up a relaxing hobby   + - * Gratitude diary       * Relaxation (mindfulness/ meditation)       * Health behaviours  1. Regular Exercise 2. Good Sleep: ***HEAL***  * (***H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle)*  1. Well-balanced diet 2. Reduce drug & alcohol    * + - ‘5 steps to wellbeing’   [*Journal*](https://www.justtalkherts.org/media/documents/justtalk-journal.pdf)  [*Five Ways to Wellbeing elearning modules*](https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx#Fivewaystowellbeing)  ../../../Desktop/Screenshot%202019-10-24%20at%2010.15.12.png | 1. ***Signpost to:*** 2. ***General self-help resources:*** *(see PILs appendix 3\*)* 3. ***Specific mental health support/ Apps*** *(see PILs appendix 3\*)*  * + [www.justtalkherts.org/young-people](http://www.justtalkherts.org/young-people) ***(Just Talk Herts)***  1. ***[www.withyouth.org](http://www.withyouth.org) (Hertfordshire Mind Network/BFB LabsFace-to-face support (Local)***  |  |  |  | | --- | --- | --- | | Supporting You  Programme | HCC SfYP: 0300 123 7538  [Supporting You Referral](https://www.servicesforyoungpeople.org/support-for-young-people/support-with-health-and-emotional-wellbeing/supporting-you/) | | | School Nursing Team  5-19yrs | Public Health Nursing 0300 123 7572  [School Nursing Referral](https://www.hct.nhs.uk/our-services/school-nursing/) | | | Childrens’ Wellbeing Practitioner (CWP)  5-19yrs | Public Health Nursing  [hct.cwp@nhs.net](mailto:hct.cwp@nhs.net) (number to follow)  [CWP Referral](https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/) | | | Wellbeing team  >16yrs | HPFT: **0800 6444 101**  [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk) | | | **Hertfordshire Community Counselling Organisations** | | | | **YCT (East and North Herts)**  Tel: 01279 414 090 [www.yctsupport.com](http://www.yctsupport.com) | | **Youth Talk (St Albans district)**  Tel: 01727 868684  [www.youthtalk.org.uk](http://www.youthtalk.org.uk) | | **Rephael House (Welwyn and Hatfield)** Tel: 020 8440 9144  [www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk) | | **Signpost (Watford and Hemel)** Tel: 01923 239495  [www.signpostcounselling.org.uk](http://www.signpostcounselling.org.uk) |  1. ***Coordinated support from a few agencies incl social care***   *(Child in need not reaching safeguarding threshold)*  Complete green single service request form for early help and request: Families First (FF) assessment or ring FF triage: 01438 737 575 or direct parents to 0300 123 4043 to request a FF assessment | | |
| **Stage 2**  (depending on level of comfort) | |
| 1. ***ASK PATIENT TO GIVE SPECIFIC EXAMPLE and use CBT model to help identify vicious cycle*** 2. ***Discuss early solution-focused management to break vicious cycle***    1. ***Behavioural strategies*** - as above \*       1. Encouraging positive behaviours       2. Targeted to specific examples: recognise the behaviour in relation to the feelings    2. ***Cognitive strategies***        1. Challenging negative beliefs – *‘what would other people say?’* 3. ***Homework and follow up***    1. 1 general change to reduce emotional distress    2. 1 specific strategy to impact on how he/she feels: Behavioural or Cognitive 4. ***Review and recap:*** *‘let’s review what we have just discussed, your priorities and action plan’* | |