**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**

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| **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?*
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| **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
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| **General Management** |
| **Stage 1 - Initial Management** |
| * **Listen:**  non-judgmentally and recap
* **Validate:** acknowledge distress
* **Explain:** with reference to triggers identified above by pts
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| **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)

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| 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)***

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| Supporting YouProgramme | 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 Team5-19yrs | 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 (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  |

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| **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’*
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