



- **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??

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

T transient
R reactive
A appropriate
M manageable

GENERAL APPROACH

History Taking
<ol style="list-style-type: none"> Presenting Symptoms <ul style="list-style-type: none"> ○ Psychological (<i>consider screening tools</i>) ○ Physical <ul style="list-style-type: none"> ▪ Sleep, appetite, energy, concentration ▪ CVS effects of anxiety ○ Functional impact: allows assessment of severity Safety Assessment <i>Significant risk of physical harm?</i> <ul style="list-style-type: none"> • Manifestations of significant distress <ul style="list-style-type: none"> ○ Self-harm/suicide) ways of coping with ○ Eating disorder*) intolerable feelings • Safeguarding concern • Protective factors <p><i>*see additional document for pathway</i></p> PMHx of mental health issues and medication FHx of mental health issues HEADSSS tool includes alcohol and recreational drugs General physical health Identifiable Triggers Helps to: <ul style="list-style-type: none"> • explore patient's perceptions of issues • identify their priorities <ul style="list-style-type: none"> - <i>What is worrying you most? Why did you make an appointment?</i> - <i>What do you think is contributing to the way you are feeling?</i>
Mental State Examination
<ol style="list-style-type: none"> Appearance and behaviour Speech Moods Thoughts or formal thought disorders Perception Insight and capacity: <i>If no capacity may need to consider Mental Health Act</i>
Safety Formulation
<ul style="list-style-type: none"> • Protective risk factors <ul style="list-style-type: none"> ○ Internal resources ○ External support • Enhancing risk factors <ul style="list-style-type: none"> ○ Feelings: hopelessness ○ Thoughts about the future; suicidal ideation ○ Behaviours: self-harm; suicidal plans ○ Precipitating factors: internal and external triggers ○ Perpetuating factors: patterns of presentation ○ Predisposing factors

General Management															
Stage 1 - Initial Management															
<input type="checkbox"/> Listen: non-judgmentally and recap <input type="checkbox"/> Validate: acknowledge distress <input type="checkbox"/> Explain: with reference to triggers identified above by pts															
Stage 1 - Ongoing Management (Depends on Assessment) Herts Hub & CYP Mental Health Service Directory															
High level need Significant risk of physical harm or moderate to severe mental health problem GP Hotline number for queries (Mon-Fri 7am-7pm): 0300 777 0606 General measures below + <ul style="list-style-type: none"> CYPMHs referral via SPA form +/- in a crisis 0800 6444 101 (24/7) (CCAT; CEDS, targeted team; PALMS) <ul style="list-style-type: none"> Urgent: Immediate risk < 4hr, or If can keep safe < 7d: send to via email to hpft.spa@nhs.net Routine: < 4wks: send via e-RS Moderate level need mild or moderate mental health problem <ul style="list-style-type: none"> STEP 2 professional referral via referral form CYPMHS Step 2 01438 730570 +/- Safeguarding referral via www.hertfordshire.gov.uk/childprotection <ul style="list-style-type: none"> protectedreferrals.CS@hertfordshire.gov.uk (email to follow up safeguarding referrals) 															
Stage 1 - Ongoing Management															
Low Level need (Emotional issue, mild mental health issue) <div> <div> <p>(1) Simple Behavioural Strategies</p> <p>a. Address specific problem</p> <p>b. General behavioural measures *</p> <ul style="list-style-type: none"> Timetable more valued enjoyable activities <ul style="list-style-type: none"> Better work-life balance Take up a relaxing hobby Gratitude diary Relaxation (mindfulness/ meditation) Health behaviours: <ol style="list-style-type: none"> Regular Exercise Good Sleep: HEAL <ul style="list-style-type: none"> (Health; Environment; Attitude; Lifestyle) Well-balanced diet Reduce smoking/vaping, drugs, alcohol Good digital hygiene '5 steps to wellbeing' <p>Journal</p> <p>Five Ways to Wellbeing elearning modules</p> </div> <div> <p>(2) Signpost to: (see PILs appendix 3* Herts Hub; Just Talk Herts) Every Mind Matters www.nhs.uk/every-mind-matters/ Anna Freud self-care: www.annafreud.org/on-my-mind/self-care/</p> <p>a) Local Remote Digital Wellbeing Services</p> <ol style="list-style-type: none"> With Youth www.withyouth.org HMN /BFB Labs The Sandbox: SandboxHomepage (mindler.co.uk) <p>b) Local Face-to-face support</p> <table border="1"> <tr> <td>Supporting You Programme</td><td>HCC SfYP: 0300 123 7538 Supporting You Referral</td></tr> <tr> <td>School Nursing Team 5-19yrs</td><td>Public Health Nursing 0300 123 7572 School Nursing Referral</td></tr> <tr> <td>School Mental Health Support Teams- MHSTs</td><td>Details of schools and colleges with an MHST are here (go to MHST section)</td></tr> <tr> <td>Childrens' Wellbeing Practitioner (CWP) 5-19yrs</td><td>Public Health Nursing hct.cwp@nhs.net (number to follow) CWP Referral</td></tr> <tr> <td>Talking Therapies team >16yrs</td><td>HPFT: 0800 6444 101 www.hpft-iapt.nhs.uk/</td></tr> </table> <p>Hertfordshire Community Therapy Options</p> <table border="1"> <tr> <th>COMMUNITY COUNSELLING</th><th>CREATIVE THERAPIES</th></tr> <tr> <td>Counselling from Hertfordshire Mind Network 5-19yrs (in-person or online)</td><td>Creative therapies from Signpost 5-19yrs (in-person or online)</td></tr> </table> </div> </div> <p>(3) CYP with Special Educational Needs & Disabilities (SEND) support: Hertfordshire directory of SEND services</p> <p>(4) 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</p>		Supporting You Programme	HCC SfYP: 0300 123 7538 Supporting You Referral	School Nursing Team 5-19yrs	Public Health Nursing 0300 123 7572 School Nursing Referral	School Mental Health Support Teams- MHSTs	Details of schools and colleges with an MHST are here (go to MHST section)	Childrens' Wellbeing Practitioner (CWP) 5-19yrs	Public Health Nursing hct.cwp@nhs.net (number to follow) CWP Referral	Talking Therapies team >16yrs	HPFT: 0800 6444 101 www.hpft-iapt.nhs.uk/	COMMUNITY COUNSELLING	CREATIVE THERAPIES	Counselling from Hertfordshire Mind Network 5-19yrs (in-person or online)	Creative therapies from Signpost 5-19yrs (in-person or online)
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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

- a. **Behavioural strategies** - as above *
 - i. Encouraging positive behaviours
 - ii. Targeted to specific examples: recognise the behaviour in relation to the feelings
- b. **Cognitive strategies**
 - i. Challenging negative beliefs – ‘what would other people say?’

(3) Homework and follow up

- a. 1 general change to reduce emotional distress
- b. 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’