



- **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)*

GENERAL APPROACH

T transient
R reactive
A appropriate
M manageable

History Taking	
1. Presenting Symptoms	<ul style="list-style-type: none"> ○ Psychological (consider screening tools) ○ Physical <ul style="list-style-type: none"> ▪ Sleep, appetite, energy, concentration ▪ CVS effects of anxiety ○ Functional impact: allows assessment of severity
2. Safety Assessment	<p>Significant risk of physical harm?</p> <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
*see additional document for pathway	
3. PMHx of mental health issues and medication	
4. FHx of mental health issues	
5. HEADSS tool includes alcohol and recreational drugs	
6. General physical health	
7. 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	
1. Appearance and behaviour	
2. Speech	
3. Moods	
4. Thoughts or formal thought disorders	
5. Perception	
6. 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

- Listen:** non-judgmentally and recap
- Validate:** acknowledge distress
- 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 +

- CYPMHs referral via SPA form +/- in a crisis 0800 6444 101 (24/7) (CCAT; CEDS, targeted team; PALMS)
 - **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

- STEP 2 professional referral via referral form [CYPMHS Step 2](#) 01438 730570
- +/- **Safeguarding referral** via www.hertfordshire.gov.uk/childprotection
 - protectedreferrals.cs@hertfordshire.gov.uk (email to follow up safeguarding referrals)

Stage 1 - Ongoing Management

Low Level need (Emotional issue, mild mental health issue)

(1) Simple Behavioural Strategies

- a. Address specific problem
- b. 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**
 - (Health; Environment; Attitude; Lifestyle)
 3. Well-balanced diet
 4. Reduce smoking/vaping, drugs, alcohol
 5. Good digital hygiene
 - '5 steps to wellbeing'
Journal
 - [Five Ways to Wellbeing elearning modules](#)

(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/

a) Local Remote Digital Wellbeing Services

- i. With YOuth www.withyouth.org HMN /BFB Labs
- ii. The Sandbox: [Sandbox Homepage \(mindler.co.uk\)](http://Sandbox Homepage (mindler.co.uk))

b) Local Face-to-face support

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/
Hertfordshire Community Therapy Options	
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)

(3) CYP with Special Educational Needs & Disabilities (SEND) support: [Hertfordshire directory of SEND services](#)

(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 73755 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

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'