

Derby and Derbyshire Mental Health Pathway Guidance (DRAFT) February 2022

To support those working with children and young people.



Introduction

Finding the right help at the right time to support children and young people (CYP) with their mental health and wellbeing can be confusing. This guidance has been put together to assist those who work with CYP in Derbyshire and Derby City.

Schools/settings are placed in different localities, that have different support structures or services around them, for example, some settings have bought in their own mental health support services or have Mental Health Support Teams (MHST). This document has been developed with this in mind so that schools/settings can add their own information to the guide to make it bespoke to them. Local CAMHS Specialist Community Advisors (SCA) can help and support with the development so that it feels comprehensive and relevant.

Mental health and safeguarding children and young people

In all cases schools/settings need to be mindful that mental health problems can, in some cases, be an indicator that a child has suffered or is at risk of suffering abuse, neglect or exploitation.

Whenever the school/setting has a mental health concern about a child or young person that is also a safeguarding concern, immediate action should be taken, following their safeguarding/child protection policy. This should include speaking to the Designated Safeguarding Lead or their deputy.

It is important that the Designated Safeguarding Lead and Senior Mental Health Lead, or their equivalent work, in partnership to ensure that a child or young person's mental health needs and safeguarding are routinely considered to ensure that needs and concerns are considered holistically. This will help to ensure that the appropriate support is put in place, including when deciding whether to make a referral to another agency, including children's services, i.e., Early Help or Social Care.

The DDSCP [Threshold document](#) can help schools/ settings in their decision making. Please also see the Derby and Derbyshire safeguarding children procedures, which includes chapters on [Providing Early Help](#) and [Making a referral to social care](#).

Remember, if you wish to talk to a social worker about whether thresholds for Social Care or Early Help have been met, please ring the area where the child or young person lives:

- In Derbyshire - Starting Point consultation and advice service for professionals: 01629 535353. The service operates Monday to Friday from 10am – 4pm.
- In Derby City - Children's services professional consultation line: 07812 300329. The service operates Monday to Friday 10am to 4pm.



Task: Ensure your mental health pathway is consistent with and linked to your school/setting safeguarding/child protection policy.

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CAMHS Specialist Community Advisors (SCA) Role

CAMHS Specialist Community Advisors are a team of qualified professionals who are all experienced in working in the field of child and adolescent mental health. The key aims of the service is to provide support and advice to practitioners who are concerned about the mental health of a child or young person. SCA's can attend multiagency meetings where mental health concerns are questioned. They also offer FREE training to promote a shared understanding of mental health and mental health problems.

SCA's offer FREE confidential consultation, advice and support on child and adolescent mental health issues **at any point** of the pathway. The message from this guidance is that if you are unsure about what support you think is suitable then you contact your SCA in the first instance.



SCA's contact details by locality

DERBY CITY contact:

Saba Shameem: saba.shameem1@nhs.net Specialist Community Advisors (SCAs) Team Administrator

High Peak & North Dales	Sam Jones Team Lead	samantha.jones27@nhs.net
Chesterfield South & Central	Liz Stephens	e.stephens1@nhs.net
Chesterfield North, Staveley & Brimington	Hannah Crowley-Andrews	Hannah.crowley-andrews@nhs.net
Bolsover and North East District	Sophie Tipple	sophie.tipple@nhs.net
Dronfield, Eckington & Clowne	Sharon Conyers	Sharon.conyers@nhs.net
Derby City	Chloe Martin Team Lead	chloe.martin9@nhs.net
Erewash	Angela Jordan	angela.jordan6@nhs.net
Southern Derbyshire & South Dales	Samantha Hickling	samantha.hickling1@nhs.net
Amber Valley	Clare Lawson	c.lawson5@nhs.net
Derby City Locality 1 & 5	Sonia Simpson-Brown	sonia.simpson-brown@nhs.net



Task: Add your SCA details in the table on page 7. If you are unsure contact the team lead.

The Mental Health Urgent Pathway

Are you concerned about the child's immediate welfare/safety?



Is the child saying they are going to harm themselves or have significantly harmed/taken an overdose?



Refer to
Non-Urgent
Pathway

Is there already a safety plan in place? If so, follow the safety plan, otherwise:

Contact parents/carers and advise to take to A and E.

Call an ambulance if an overdose has been taken or already significantly harmed.

Consider contacting CAMHS:

North Derbyshire CAMHS Urgent Care Team <https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentation in young people under the age of 18. We will respond within 4 hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts.

Available 7 days a week 10am -10pm Tel No: 07901 330 724

Derby City and South Derbyshire CAMHS RISE

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/camhs-rise>

A rapid response service for GPs and others in primary care to ensure the best possible support for young people who have seriously self-harmed or are having suicidal thoughts.

8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. Tel No: 0300 123 3124

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire Call 0800 028 0077 any time of the day or night. <https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

For further information about assessing the immediate risks and what to do, see DDSCP [Self-harm and Suicidal Behaviour Guidance](#), pages 10-11.

In all cases there should be careful consideration of whether an early help assessment or a referral to children's social care is needed.

All concerns, discussions and decisions made, and the reasons for those decisions, should be recorded in writing in accordance with the school/setting policies.



The Mental Health Non-Urgent Pathway

Plan

- Decide how the needs of the CYP will be assessed? E.g. school, GP, educational psychologist, school nurse, SCA, mental health support team.
- What support in school, community (prosocial) at home or externally might best support the CYP? If unsure contact your SCA for support/advice. (See appendix).

Plan

- Develop a support plan in partnership with the CYP, family and others involved. Make sure CYP/families are at the heart of the decision making. (CYP led).
- How will the impact of interventions be assessed? What are the time frames?

Do

- Set timescales for review and who will take the lead.
- Implement the actions of the support plan in partnership with CYP, family and others involved. Making sure CYP/families are at the heart of the decision making.

Review

- Review the support plan.
- Ask the question: Is more help required or has the concern been addressed?

Do and Review

- If further advice or help is considered necessary, refer to the appendix for potential external providers in the 'getting help/more help' section.
- Continue to do and then review again.

Do and Review

- Access advice e.g. 'what to do whilst waiting ' from a SCA.
- Continue to monitor the presentation and seek advice as required.



Task: Add in your locality details to support your pathway.

TITLE	NAME	Contact Details
CAMHS Specialist Community Advisor (SCA)		
School Nurse CHAT Health Number		
Educational Psychologist		
Early Help Team		
Behaviour Support		
Build Sound Minds		
Kooth		
Urgent Care Team CAMHS Rise		
Virtual School Contact		
Mental Health Support Team		
Autism Outreach		
SEND Support Service		
Domestic Abuse Service		
LGBT+ Services		

The Thrive Framework

The THRIVE Framework is a way to talk about mental health support in a **common language** that everyone understands. The Thrive Framework for system change (Wolpert et al., 2019) was initially developed by colleagues from the Anna Freud Centre and the Tavistock and Portman NHS Foundation Trust to enhance awareness of the full range of emotional health and wellbeing promoting practices for children, young people and their families across sectors.





TASK: Click on the animation to understand the framework: [THRIVE ANIMATION](#)

THRIVE emphasises that the decision on how best to support a CYP's mental health cannot be based purely on their diagnosis or presenting symptoms. It stresses the importance of drawing on the evidence base, alongside being transparent about the limitations of treatment, and explicitly engaging children and their families in shared decision-making about the type of help or support they need. The framework suggests that all those involved in the delivery of care across health, education, social care, and the voluntary sector work closely with one another to meet these needs, agree on aims, and review progress. Needs are therefore not based on severity, diagnosis, or care pathways.

The THRIVE Framework is used to think about the mental health and wellbeing needs of children, young people, and families through five different needs-based groupings:

- 1. Thriving**
- 2. Getting advice and signposting**
- 3. Getting help**
- 4. Getting more help**
- 5. Getting risk support**

Emphasis is placed on the prevention and promotion of mental health and wellbeing across the whole population. CYP and their families are empowered through active involvement in decisions about their care, which is fundamental to the approach.

The five groupings have been used to throughout the pathway guidance document.



1. Thriving

Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies. Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues. They are in the thriving group.

Within this grouping are children and young people who are particularly vulnerable due to a range of social factors such as poverty, poor education, abuse or neglect; environmental factors including injustice, discrimination, and social and gender inequalities; and individual factors such as experience of abuse, a learning disability, or physical health problems. Care may need to be taken by the system to try to systematically address the issues that put these children at risk and to ensure these groups have access to prevention and promotion strategies that meet their need.

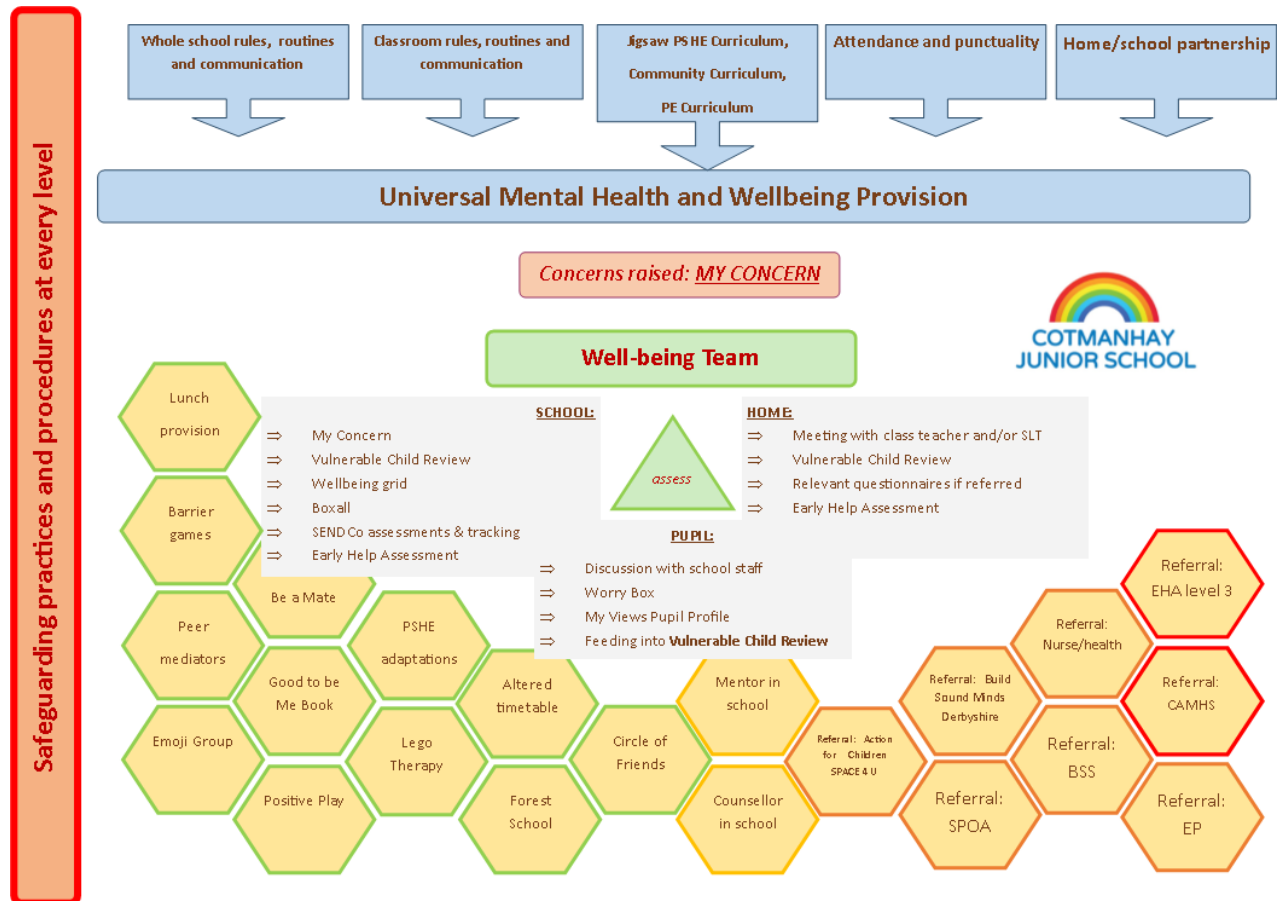


Task: Identify what support systems you currently have in your setting as part of your universal approach.

Include your own in-house universal support systems.



Example of a how a school have mapped their current provision.



Task: What visual would best represent and help you understand the support available in school as part of a graduated response?

Questions to consider when developing your visual representation:

1. What does your whole school approach offer include? [A Whole School/Setting Approach](#)
2. What interventions/ support are offered in school?
3. Where do you currently signpost CYP and their families?
4. What external professionals do you work with/refer to?



Below are examples of some of the mental health services that can provide support.

CAMHS Specialist Community Advisor (SCA)

Consultation can support your school/setting to:

- Enhance understanding and help devise support plans.
- To bolster in house support.
- Provide training to those offering support.
- Help identify alternative external services such as...

School Nursing Service

School nurses see children and young people in the school and home environment and in other community settings. Following referrals, a holistic health assessment is completed to identify any unmet health needs. Evidence based assessment and interventions are implemented to include support for mild to moderate mental health needs.

To find out more about school nurse support visit:

Derby City: <https://www.derbyshirehealthcareft.nhs.uk/schoolnurse>

Derbyshire: <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

CHAT Health A text messaging service, so that both young people and parents/carers can get confidential health advice and support.

[DERBY CITY CHAT HEALTH](#)

[DERBYSHIRE CHAT HEALTH](#)

Virtual drop ins are available 3-5 every weekday for young people and can be access by logging onto [Video call setup - Attend Anywhere](#).

Build Sound Minds

Action for Children works in partnership with Derbyshire Federation for Mental Health, to provide a service called 'Build Sound Minds Derby and Derbyshire'. The service is a comprehensive early intervention service for children and young people aged 0-17 years who are experiencing mild to moderate mental health difficulties. Build Sound Minds offers one-to-one support, group work, telephone support and a digital offer and family therapy.

- Short term early intervention mental health support for children 0-17 years.

- Mild to moderate mental health difficulties that do not meet the thresholds for more specialist services – low mood, anxiety, simple phobias, stress, worry, low level self-harm – not suitable for children on CAMHS waiting list.
- Referral criteria [Make a referral | Action for Children](#)
- Build resilience and prevent more serious mental health issues developing.
- Short term 1 to 1 work – 6-8 weeks – not long-term counselling.
- Group based interventions for parents/carers (FAB and Families Moving Forward).
- Family Therapy.
- Consider carefully whether children subject to CP and CIN processes will benefit from the service whilst these processes are on-going. Main offer to primary school aged children is through parent groups and through digital offer – Lumi Nova.
- Leaflets explaining each intervention [Our Interventions | Action for Children](#)

Bouncing Back

Bouncing Back is a two-session programme with each session lasting 1 hour. It is aimed at young people who are showing some early signs of struggling with their emotional health and teaches them techniques and understanding that improves their resilience and their ability to 'bounce back' when faced with adversity.

Secondary Blues Programme

The Blues Programme is a six-week programme, based on research and acclaimed internationally, that we have been delivering in Derbyshire since 2019 and nationally for the last 2 years. Each session lasts an hour. The Blues Programme gives students the support they need to understand how they're feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.

If you would like to discuss any of the programmes contact Caroline.Stodart@actionforchildren.org.uk

<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral>

Changing Lives Mental Health Support Team (MHST). Offer a comprehensive early intervention to children and young people aged 0-17 years who are experiencing **mild to moderate** mental health difficulties. Check here for schools that can access this service:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives>

(If you don't have access to this service refer to Build Sound Minds) **Changing Lives Referral Form**

The DECC (Derby and Derbyshire CIC Emotional Health and Wellbeing Service)

Action for Children - Children in Care Service. Specific support for **looked after children** who are struggling because of traumatic life experiences.

Consultation to professionals is also provided by this service. Tel 01332 505484

Email: derbyshireEHCIC@actionforchildren.org

Eating Difficulties/Disorder Services

First Steps ED <https://firststepsed.co.uk/>

Freed Beeches <https://www.freedbeeches.org.uk/>
(for young people aged 14+)

24 hr Mental Health Support Helpline 0800 028 0077

Our mental health helpline and support service is available 24 hours a day, seven days a week for residents of Derby and Derbyshire. Call 0800 028 0077. Learn more on our helpline [page](#).

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Derby and Derbyshire Health and Wellbeing Website

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

This emotional health and wellbeing signposting website for Derby and Derbyshire contains local and national links and resources updated regularly.



Kooth is a free online Mental Health and Wellbeing resource for children and young people aged 11 to 25 in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums.

To sign up, please visit: www.kooth.com/

Domestic Violence Support [Children and young people's services | The Elm Foundation](#)

Sexual abuse [SV2 - Supporting Victims of Sexual Violence - Home](#)

[Support for Derby Domestic Violence | Derby City Life Links](#)

Derbyshire LGBT+ Youth Services <https://www.derbyshirelgbt.org.uk/>

Derby Centre <https://www.derbyshirelgbt.org.uk/about/about-the-centre/>

Mermaids www.mermaidsuk.org.uk helping gender-diverse children, young people and their families.

Stonewall Information and support for lesbian, gay, bisexual, and transgender young people.
<https://www.stonewall.org.uk/>

Signpost, get help, get more help or risk support

This section has been developed to give **examples** of a graduated response and to help you think about where you can signpost, get help, get more help or risk support using the non-urgent pathway flow diagram on page 6 and 7 as a starting point. It may be useful to delete and copy and paste your own information and support options. To avoid a scattergun approach of referral we always advise you speak to your SCA if you are stuck and unsure where to appropriately refer.

As mentioned previously if you require support to develop your own pathway then contact your SCA for support. *Please note **red** indicates this only applies to Derby City.

Safeguarding and child protection

Derby and Derbyshire Safeguarding Children Partnership [website](#)

For information about the work of the local safeguarding children partnership. Includes safeguarding information and resources, as well as safeguarding training opportunities for staff working with children and their families.

The [Derby and Derbyshire Safeguarding Children Procedures](#)

are used at all times when there are concerns that a child is at risk of harm. Key local guidance documents include:

- **Thresholds Document** - to support identification of children's needs and the appropriate level of intervention.
- **Dispute Resolution and Escalation Policy** - sets out clear routes to escalate concerns when there is a difference of professional opinion about the seriousness of a situation or the proposed action.
- **Information Sharing Guidance for Practitioners** - gives clear guidance on how to share information if there are concerns about a child.

Worried about a child?

For information about referrals about concerns about a child, advice and further information see [Derby and Derbyshire safeguarding children procedures](#),

Details of local safeguarding contacts, including advice from and referral to children's social care, are located in [Local Contacts](#).

Self-Harm

Information



Derby and Derbyshire [Self-Harm and Suicidal Behaviour Support Guidance September 2020.](#)



National Websites

[Signs of Self-harm And Getting Help | Young Minds](#)

[Self-harm - what you need to know. \(rethink.org\)](#)

[Harmless](#)

[Distractions that can help](#)

The Mix - Essential support for under 25s
<https://www.themix.org.uk/>



Advice for parents and carers

[Royal College of Psychiatry](#)

[Self-Harm & Mental Health | Guide for Parents/Carers | Young Minds](#)

[Supporting-Your-Child-A-Guide-for-Parents.pdf \(papyrus-uk.org\)](#)



Apps

[Calm Harm app](#)

[Blue Ice app](#)

[Think Ninja](#)

[distrACT app](#)

[Mee Two app](#)

Support options



Please adhere to your in-house policy regarding self-harm or discuss with your safeguarding lead who will advise you re: information sharing with parents/carers and the need for a safeguarding referral.



Getting advice/ getting help or emerging concerns: i.e. first instance of self-harm or infrequent incidence, minor physical harm, with associated emotional problems such as anger, poor self-esteem, general stress, and minimal impact on day to day activity.



In house support such as pastoral support, nurture groups.

ELSA worker input, SENCO support, school counsellor/ family support worker, education support services (e.g. Education Psychology, Behaviour Support, Autism Outreach) Pro social activities after school or in the community.



SCA consultation could support to:

- Enhance understanding and help devise support plans
- To bolster in house support
- Provide training to those offering support
- Help identify alternative external services such as:**

School Nursing Service

School nurses see children and young people in the school and home environment and in other community settings. Following referrals, a holistic health assessment is completed to identify any unmet health needs. Evidence based assessment and interventions are implemented to include support for mild to moderate mental health needs.

Use the School Nurse Public Health Referral Form:

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

Build Sound Minds: Offer a comprehensive early intervention to children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties. <https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral>

Changing Lives Mental Health Support Team. Offer a comprehensive early intervention to children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties. <https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives> [Referral Form](#)

School Early Help Offer/ Early Help Assessment. This may be indicated to help understand and address any stressors that may be causing the self-harm and will help plan and coordinate support if external services are involved.



Parent/carer support

Families are likely to need advice and support to help their child. Ensure good communication and parental involvement in support and/or safety plans.

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting more help/ further support: i.e. frequent and self-harm increasing in severity, with associated significant emotional problems such as suicidal thoughts, depressive symptoms, high levels of anxiety which are impacting on day to day activity.

Specialist CAMHS

North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website:

<https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs>

South Derbyshire and Derby. Referrals are made via the Single Point of Access system. <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form>

CAMHS Duty Workers

These workers are available 5 days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164



SCA Consultation:

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting risk support/ crisis or urgent support *i.e. reports of suicidal thoughts and accompanying plans, or signs of significant self-harm and you are highly concerned for their safety or wellbeing.*

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentations in CYP under the age of 18. They will respond within 4 hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts.

Available 7 days a week 10am -10pm 07901 330 724

South Derbyshire -CAMHS RISE CAMHS Rise

A rapid response service for GPs and others in primary care to ensure the best possible support for young people who have seriously self-harmed or are having suicidal thoughts.

8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. 0300 123 3124

Accident and Emergency/Ambulance may be necessary in some cases.

Ring 999.

Eating Difficulties/ Disorders

Information

Support options



First Steps ED (for children and young people 5+)

<https://firststepsed.co.uk/>

Freed Beeches <https://www.freedbeeches.org.uk/>
(for young people aged 14+)

[National Autistic Society - A guide for all audiences](#)

[ARFID and AUTISM](#)

[ARFID Awareness and Support](#)



National Websites

Beat
[Website](#)

Young Minds: Anorexia
[Website](#)

Young Minds: Bulimia
[Website](#)

Anorexia & Bulimia Care
<https://www.anorexiabulimiacare.org.uk/>

Seed <https://seed.charity/>



Further advice for parents and carers

Eating Disorders Support
<https://firststepsed.co.uk/training/skills-for-carers/>

FEAST: [Support and resources for families affected by eating disorders \(feast-ed.org\)](#)

National Autistic Society <https://www.autism.org.uk/advice-and-guidance/topics/mental-health/eating-disorders/parents>



Books and resources

Body image and perception series of resources, explain exactly what body image is and how it can affect the way we think, feel and behave. The resources explore where our struggles with body image might come from, and how we can begin to create a kinder relationship with our bodies.

<https://firststepsed.co.uk/resources/body-image-and-perception/>



Getting advice/ getting help/ or emerging concerns. i.e. concerns that a child may have difficulties with body image or disordered eating



SCA consultation:

- Enhance understanding and help devise support plans
- Bolster in house support
- Provide training to those offering support, or to
- **Help identify alternative external services such as...**

GP referral

In some cases, it may be recommended that the child is taken to see their GP for a medical assessment to help to further assess the level of need.

School Early Help Offer/Early Help Assessment This may be indicated to help understand and address any stressors that may be contributing to the problem and will help plan and coordinate support if external services are involved.



Parent/carer support Parents/carers are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans if engaging in risky or self-injurious behaviours.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting more help/ further support – A SCA consultation will assist you to determine if a referral to a specialist eating disorder service is indicated. This will need to be done in conjunction with the GP.

***See the pathway for eating disorders on page 31.**

Childrens Eating Disorders Team at North Derbyshire CAMHS

North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website.

<https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs>

Telephone number: 01246 514412.

CAMHS Eating Disorder Service (South Derbyshire)

Referrals are often received by GPs, school nurses or other professionals, however they also accept self-referrals:

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/eating-disorders>

There is also an Eating Disorder Duty Worker available Mon-Fri 9am-5pm on 0300 7900264.

CAMHS duty workers

These workers are available 5 days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about

North Derbyshire: 01246 514412

Help Your Teenager Beat an Eating Disorder (2nd Edition)
James Lock and Daniel Le Grange.

Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers. Eva Musby

<https://childmind.org/article/autism-and-picky-eating/>



Apps

[Rise Up + Recover](#)

[RR: Eating Disorder Management](#)

[Eating Disorder Support App](#)

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164



SCA Consultation:

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management



Getting risk support/ crisis or urgent support i.e. if their presentation deteriorates significantly and there are concerns that the CYP is becoming suicidal or reporting that they are unable to keep themselves safe.

Police 999 - if increasing aggression/violence or threats to self or others.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentation in young people under the age of 18. They will respond within 4 hours if the mental health presentation is serious and they have seriously self-harming or presenting with serious suicidal thoughts.

Available 7 days a week 10am -10pm Tel. No: 07901 330 724

South Derbyshire CAMHS RISE

A rapid response service for GPs and others in primary care to ensure the best possible support for young people who have seriously self-harmed or are having suicidal thoughts. 8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. Tel No: 0300 123 3124

Anxiety/ Stress



Derby and Derbyshire emotional health and wellbeing website

www.derbyandderbyshireemotionalhealthandwellbeing.uk

5 Ways to Wellbeing

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

The Window of Tolerance

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

Collaborative working to promote school attendance and psychological wellbeing

<https://www.bsmhft.nhs.uk/EasySiteWeb/GatewayLink.aspx?allid=98338>

CAMHS websites

www.camhsnorthderbyshire.nhs.uk

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>



National Websites

Hands on Scotland

<https://www.handsonscotland.co.uk/anxiety-resource-education/>

Nip it in the bud

Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions.

<https://nipinthebud.org/anxiety-in-children/>

Social Stories

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>

Get Self Help suitable for older teens

<https://www.getselfhelp.co.uk/docs/AnxietySelfHelp.pdf>

My Self Care Plan Secondary

<https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/>

My Self Care Plan Secondary

<https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/>

Anna Freud Website- Schools in mind

<https://www.annafreud.org/schools-and-colleges/resources/>



Getting advice/ getting help/ or emerging concerns: i.e. child presenting with increasing worries in one or more areas of their life, (such as separation anxiety) which may be starting to affect sleep, behaviour or school attendance.



In house support: Such as pastoral support or nurture groups.

ELSA worker input, SENCO support, school counsellor/family support worker, education support services (e.g. Education Psychology, Behaviour Support, Autism Outreach, Early Years Team (Derbyshire Relationship Matters Programme). Pro social activities after school or in the community.



SCA consultation:

- Enhance understanding and help devise support plans
- Bolster in house support
- Provide training to those offering support, or to
- Help identify alternative external services such as...

School Nursing Service

Use the School Nurse Public Health Referral Form

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

To find out more about school nurse support visit:

Derbyshire: <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Derby City: <https://www.derbyshirehealthcareft.nhs.uk/services/family-health-derby-city/support-5-19-year-olds>

Build Sound Minds: Action for Children:

<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral>

Changing Lives: Changing Lives Mental Health Support Team.

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives> [Referral Form](#) (If your school does not have access to Changing Lives, please refer to Build Sound Minds)

School Early Help Offer/Early Help Assessment. This may be indicated to help understand and address any stressors that may be causing the anxiety such as family stress/domestic violence and will help plan and coordinate support if external services are involved. Parenting courses may be appropriate



Parent/carer support

Parents are likely to need advice and support to help their child. Consider recommending useful websites for information on how to help child to regulate their emotions and understand what is behind their distress.

Useful resources: [Cathy Creswell Parent- led CBT](#)

<https://www.youngminds.org.uk/parent/>

<https://www.annafreud.org/engagingparents/>

Young Minds 360 Community

<https://www.youngminds.org.uk/professional/360-schools/>



Books and resources

Starving the Anxiety Gremlin by Kate Collins-Donnelly

Scaredy Squirrel by Melanie Watt

<https://www.booksfortopics.com/mental-health>

Self-help leaflets <https://web.ntw.nhs.uk/selfhelp/>

Reading Well- more ideas of books

<https://reading-well.org.uk/books/books-on-prescription/mental-health>

Dr Suzanne Zeedyk – article on attachment
www.suzannezeedyk.com/wp-content/uploads/2016/03/Suzanne-Zeedyk-Attachment-v1.pdf

Alberta Family Wellness: The Brain Story

<https://www.albertafamilywellness.org/what-we-know/the-brain-story>

The Behaviour Box

Derbyshire Education Psychology Service

<https://www.services.derbyshire.gov.uk/Page/20563>



Apps

<https://www.camhs-resources.co.uk/apps-1>

24 hr Mental Health Helpline. Tel: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting more help/ further support: i.e. high levels of persistent anxiety which is impacting on day to day activity and affecting mood and physiological state, causing panic attacks, sleep disturbance and significantly impacting on school attendance

Improving Access to Psychological Therapies (IAPT) IAPTS Services for 16+ age group. Please call the provider to discuss suitability prior to referral.

<https://www.derbyandderbyshireccg.nhs.uk/your-health-services/information-for-patients/improving-access-to-psychological-therapies-iapt/> for details of local providers.

Specialist CAMHS North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website.

<https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs>

South Derbyshire and Derby. Referrals are made via the Single Point of Access system. <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form>

CAMHS duty workers

These workers are available 5 days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

The DECC (Derby and Derbyshire CIC Emotional Health and Wellbeing Service)

Action for Children Children in Care service. Specific support **for looked after children** who are struggling as a result of traumatic life experiences. Consultation to professionals is also provided by this service. Tel 01332 505484

Email: derbyshireEHCIC@actionforchildren.org



SCA Consultation:








- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on interim management

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting risk support/ crisis or urgent support- i.e. if their anxiety presentation deteriorates significantly and there are concerns that the CYP is becoming suicidal or reporting that they are unable to keep themselves safe.

	<p>North Derbyshire Urgent Care Team https://www.camhsnorthderbyshire.nhs.uk/urgent-care</p> <p>Available 7 days a week 10am -10pm: 07901 330 724</p> <p>South Derbyshire CAMHS RISE CAMHS Rise. 8am - 11pm Mon. to Fri. Weekend hours: 8am to 9.30pm. Tel No: 0300 123 3124</p>
Low Mood	
 <p>5 Ways to Wellbeing</p> <p>https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx</p> <p>Derbyshire emotional health and wellbeing website www.derbyandderbyshireemotionalhealthandwellbeing.uk</p> <p>CAMHS websites www.camhsnorthderbyshire.nhs.uk https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire</p>  <p>National Websites</p> <p>Hands on Scotland https://www.handsonscotland.co.uk/depression-and-low-mood/</p> <p>Nip it in the bud Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to reduce the risks of those conditions becoming more serious in later years. https://nipinthebud.org/anxiety-in-children/</p> <p>Get Self Help-suitable for older teens https://www.getselfhelp.co.uk/docs/DepressionSelfHelp.pdf</p> <p>Anna Freud Website- Schools in mind https://www.annafreud.org/schools-and-colleges/resources/</p>  <p>Books and resources</p> <p>Ruby and the Rubbish Bin by Margot Sunderland</p>	 <p>Getting advice/ getting help/ or emerging concerns: i.e. child presenting with recent deterioration in mood, poor self-esteem, and tearfulness affecting their thoughts and behaviours. Day to day life not significantly affected. Ie still maintaining hobbies, attending school and responsive to support</p>  <p>In house support: Such as pastoral support, nurture groups.</p> <p>ELSA worker input, SENCO support, school counsellor, family support worker, education support services (e.g. Education Psychology, Behaviour Support, Autism Outreach) Pro social activities after school or in the community.</p>  <p>SCA consultation:</p> <ul style="list-style-type: none"> • Enhance understanding and help devise support plans • To bolster in house support • Provide training to those offering support, or to • Help identify alternative external services such as... <p>School Nursing Service:</p> <p>Derbyshire: https://derbyshirefamilyhealthservice.nhs.uk/contact-us Derby City: https://www.derbyshirehealthcareft.nhs.uk/schoolnurse</p> <p>Derby City: DERBY CITY REFERRAL FORM</p> <p>Derbyshire: DERBYSHIRE REFERRAL FORM</p> <p>Social prescribing offer. Some areas are starting to develop this offer – discuss with your local SCA.</p> <p>Build Sound Minds- Action for Children: https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral</p> <p>Changing Lives: Changing Lives Mental Health Support Team. See https://services.actionforchildren.org.uk/derbyshire/changing-lives/ (If your school does not have access to Changing Lives, please refer to Build Sound Minds)</p> <p>School Early Help Offer/Early Help Assessment. This may be indicated to help understand and address any stressors that may be causing the low mood such as bullying/family stress/domestic violence and will help plan and coordinate support if external services are involved.</p>  <p>Parent/carer support</p> <p>Parents are likely to need advice and support to help their child. Consider recommending useful websites/books/support for information on how to improve mood and raise self-esteem.</p>

We Heart CBT <https://weheartcbt.com/low-mood>

Think good feel good by Paul Stallard

Self-help leaflets <https://web.ntw.nhs.uk/selfhelp/>

Reading Well- more ideas of books

<https://reading-well.org.uk/books/books-on-prescription/mental-health>

<https://www.camhs-resources.co.uk/books1>

Videos

<https://www.camhs-resources.co.uk/videos>



Apps

<https://www.camhs-resources.co.uk/apps-1>

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies/>

24 hr Mental Health Helpline. Tel: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting more help/ further support: i.e. Low mood is persistent and affecting day to day life – i.e. reduced sleep and appetite, withdrawal from previously enjoyed activities, feelings of hopelessness and possible accompanying suicidal thoughts.

IAPTS Services for 16+ age group

Please call the provider to discuss suitability prior to referral.

<https://www.derbyandderbyshireccg.nhs.uk/your-health-services/information-for-patients/improving-access-to-psychological-therapies-iapt/> for details of local providers.

Specialist CAMHS: North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website.

<https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs>

South Derbyshire and Derby. Referrals are made via the Single Point of Access system. <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form>

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North Derbyshire: 01246 514412 **High Peak and North Dales:** 01298 72445

Southern Derbyshire and City: 0300 123 9164



SCA Consultation:

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on interim management

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting risk support/ crisis or urgent support- i.e. if mood deteriorates significantly and the CYP is expressing increasing suicidal thoughts and has plans to harm themselves.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care> They will respond within 4 hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts. Available 7 days a week 10am -10pm: 07901 330 724

South Derbyshire CAMHS RISE A rapid response service for GPs and others in primary care to ensure the best possible support for young people who have seriously self-harmed or are having suicidal thoughts. 8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. Tel No: 0300 123 3124

Bereavement

UNDERSTANDING OF DEATH: The nature of a child and young person's understanding of death and bereavement will be different at different stages of their development. Although a person's grief is individual, their understanding of the loss of a loved one progresses as they mature.

The Cruse Bereavement Charity have produced information about the most common understandings of death by children and young people at certain stages of their development.

<https://www.childbereavementuk.org/information-childrens-understanding-of-death>

Child Bereavement UK: School Information Pack

<https://www.cumbria.gov.uk/elibrary/Content/Internet/537/17241/17244/17259/4298412526.pdf?timestamp=433701843>

Winston's Wish have developed a guide to support grieving children and young people in education.

<http://www.winstonswish.org/wp-content/uploads/2019/06/Guide-to-supporting-grieving-children-in-education.pdf>

Supporting bereaved children and young people.

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>



Parents/carers

Mood Juice - Self Help Guide

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide>

Cruse Bereavement Care

<https://www.cruse.org.uk/organisations/grief-booklets/>

Grief Encounter Guides

<https://www.griefencounter.org.uk/get-support/support-services/grief-guides/>



National services and websites:

Ashgate Hospice care

Bereaved children supported: Around an expected (palliative care) death

Area covered: North Derbyshire

0 to 18 years

Contact: 01246 568801

Treetops Hospice Bereavement Support Service

Bereaved children supported: Whatever the cause of death

Area covered: Geographical coverage: Southern Derbyshire

Derby City

3 to 17 years

Contact: 0115 949 6944



Critical Incident support.

Derbyshire Educational Psychology Service provides timely support for senior leaders in schools when unexpected, traumatic events occur which are beyond the school's capacity to manage. The service continues to offer support for head teachers and senior leaders in schools to ensure the psychological wellbeing of the school community. In the current period of uncertainty due to coronavirus they have tailored their general critical Incident support to adapt and respond to the new challenge's schools are facing.

In case of a critical incident the school's Educational Psychologist can be contacted directly or an email sent to one of the office admins emails below. A psychologist will then get in touch with the school by the next working day, to identify what support is required.

edpsych.adminBuxton@derbyshire.gov.uk

edpsych.adminChesterfield@derbyshire.gov.uk

edpsych.adminDenby@derbyshire.gov.uk

DERBY CITY (STePS) EDUCATIONAL PSYCHOLOGY SERVICE

Derby City (STePS) Educational Psychology Service is ready to assist schools when unexpected and traumatic events compromise a school's capacity to manage. This will focus on support for leadership, staff and children/young people to support the psychological wellbeing of the whole school community. In the current period of uncertainty, a critical incident is more likely. Additionally, whilst we are struggling with the effects of this pandemic, our critical incident support can work alongside school staff with the potentially traumatic and upsetting effects of loss and bereavement.

Normally, the school's Educational Psychologist should be contacted directly, or through an email sent to StepsAdmin@derby.gov.uk or, if urgent, telephone: (STePS) ADMIN **01332 641400**

The Tomorrow Project is here to help anyone affected by suicide. We can offer information, advice and emotional support to anyone who is feeling suicidal, anyone affected by suicide (friend, family, community members) and professionals who are worried about someone they are supporting.

<http://www.tomorrowproject.org.uk/need-help/who-can-help>

Blythe House Hospice

Bereaved children supported: Whatever the cause of death
Area covered: High Peak Derbyshire
4 to 18 years
Contact: 01298 815 388

Derbyshire emotional health and wellbeing website

www.derbyandderbyshireemotionalhealthandwellbeing.uk

Search bereavement for range of services and resources.

ataloss.org – website that will provide signposting to appropriate local bereavement services.

Cruse: (Bereavement support across the United Kingdom)

- Freephone National Helpline: 0808 808 1766
- Administration: 020 8939 9530

Website: www.cruse.org.uk www.hopeagain.org.uk

Individual and group support for young people, special website for young people.

Child Bereavement UK: (support for families and professionals)

Tel: 0800 02 888 40

Website: www.childbereavementuk.org

Support line, information and resources for children, adults and professionals who have been bereaved.

Training courses on bereavement for health care and other professional

Winstons Wish: (charity for bereaved children)

Telephone:

Family Line 08088 020 021

Website: www.winstonswish.org.uk

National helpline, website with activities for children, direct support for families bereaved through suicide, murder or manslaughter, resources and training courses.

Grief Encounter

Telephone: 0808 802 0111 (Mon-Fri 9-9)

Website: www.griefencounter.org.uk

GriefTalk call, email or instant chat support for bereaved children and young people and those caring for them 9am-9pm Monday to Friday.

Childhood Bereavement Network: (support for people supporting children)

www.childhoodbereavementnetwork.org.uk/

Information about bereavement and links to services, training

Blue Cross (support for the death of a pet)

www.bluecross.org.uk

email to: pbssmail@bluecross.org.uk

Tel 0800 096 6606 every day from 8.30am to 8.30 pm.

LOST FOR WORDS Many bereaved children are left lost for words by death, others simply haven't enough words to express themselves. This resource shares supportive words and emojis from children who know how it feels. Download Lost for Words

<https://childhoodbereavementnetwork.org.uk/get-involved/resources/resources-families/lost-words>

ELSA Support have developed a resource pack that can be downloaded. <https://www.elsa-support.co.uk/bereavement-resources-for-parents-and-school-staff/>

ART THERAPY Ella Masters is a Freelance illustrator with 15 years' experience as well as a background in special needs teaching and Art Therapy. Ella's 365project is a daily drawing project to help her cope with the grief of losing her younger brother.
<https://www.instagram.com/explore/tags/ella365project/>



BOOKS

<https://www.winstonswish.org/suggested-reading-list/>

<https://www.childbereavementuk.org/resources-for-adults-supporting-bereaved-children-and-young-people>

Phone support:

Childline

Telephone: 0800 1111 anytime

Website: www.childline.org.uk

Samaritans: Telephone: 116 123 anytime.

OCD

CAMHS websites www.camhsnorthderbyshire.nhs.uk

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>



National services and websites:

OCD-UK | A national OCD charity, run by, and for people with lived experience of OCD (ocduk.org)

This service also offers parent webinars and a helpline

OCD Action <https://ocdaction.org.uk/> Obsessive Compulsive Disorder OCD Symptoms & Support

Young Minds <https://www.youngminds.org.uk/young-person/mental-health-conditions/ocd/>

Obsessive compulsive disorder (OCD) - NHS
(www.nhs.uk)



Books and resources



Getting advice/ getting help/ or emerging concerns. i.e. evidence of obsessive behaviours in some areas of child's life but not significantly impacting on day to day functioning.



In house support: Such as: Pastoral support, Nurture groups

ELSA worker input, SENCO support, school counsellor/Emotional Wellbeing Practitioners, Family Support worker, Education support services (e.g. Education Psychology, Behaviour Support, Autism Outreach) Pro social activities after school or in the community. (Your FSW may have access to a community directory of local groups)



SCA consultation:

- enhance understanding and help devise support plans
- to bolster in house support
- provide training to those offering support, or to
- help identify alternative external services such as:

School Early Help Offer/Early Help Assessment: This may be indicated to help understand and address any stressors linked to presenting difficulties e.g. systemic concerns. More advice around this can be sought from the Early Help Advisors

What to do when your brain gets stuck by Dawn Huebner

OCD UK Book Suggestions

<https://www.ocduk.org/product-category/books/>

APPS to reduce anxiety

<https://www.camhs-resources.co.uk/apps-1>



Parent/carer support

Parents are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans.

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

IAPTS Services for 16+ age group

Please call the provider to discuss suitability prior to referral

See <https://www.derbyandderbyshireccg.nhs.uk/your-health-services/information-for-patients/improving-access-to-psychological-therapies-iapt> for details of local providers



Getting More Help/ Further support: i.e. presenting anxiety is having a large impact on the young person's life, impacting on several areas such as home and school and/or there may be other co-existing mental health difficulties.

Specialist CAMHS:

North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website.

<https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs>

South Derbyshire and Derby. Referrals are made via the Single Point of Access system. <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form>

CAMHS duty workers

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North Derbyshire: 01246 514412 **High Peak and North Dales:** 01298 72445

Southern Derbyshire and City: 0300 123 9164









SCA Consultation:

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

	 <p>Getting Risk Support/ Crisis or Urgent Support</p> <p>North Derbyshire Urgent Care Team https://www.camhsnorthderbyshire.nhs.uk/urgent-care</p> <p>Available 7 days a week 10am -10pm: 07901 330 724</p> <p>South Derbyshire CAMHS Rise</p> <p>8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. Tel No: 0300 123 3124</p> <p>Accident and Emergency/Ambulance may be necessary in some cases. Ring 999.</p>
Psychosis	
<p>CAMHS websites</p> <p>www.camhsnorthderbyshire.nhs.uk</p> <p>https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire</p>  <p>National resources and websites:</p> <p>Young Minds - Psychosis Symptoms of psychosis & where to get help Young Minds</p> <p>https://www.youngminds.org.uk/young-person/mental-health-conditions/psychosis/</p> <p>Mind</p> <p>https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/useful-contacts/</p> <p>Understanding Psychosis Guide</p> <p>https://www.samh.org.uk/documents/SAMH_Understanding_Psychosis.pdf</p>	 <p>Getting advice/ getting help/ or emerging concerns- child or young person demonstrating unusual behaviours or reporting visual or auditory hallucinations with accompanying high levels of distress.</p>  <p>SCA consultation:</p> <ul style="list-style-type: none"> •enhance understanding and help devise support plans •to bolster in house support •provide training to those offering support, or to •help identify alternative external services such as: <p>School Early Help Offer/Early Help Assessment This may be indicated to help understand and address any stressors linked to presenting difficulties e.g. systemic concerns. More advice around this can be sought from the Early Help Advisors</p>  <p>Parent/carer support</p> <p>Parents are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans.</p> <p>24 hr Mental Health Helpline 0800 028 0077</p> <p>https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service</p> <hr/>  <p>Getting more help/ further support i.e. concerns about the young person's deteriorating mental health which may be impacting their or others safety and ability to function in everyday life e.g. school, activities they enjoy</p> <p>Specialist CAMHS: North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website. https://www.camhsnorthderbyshire.nhs.uk/how-to-refer-to-camhs</p> <p>South Derbyshire and Derby. Referrals are made via the Single Point of Access system. https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form</p>

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High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

CAMHS may involve the following service in the CYP assessment:

Early Intervention Service - Early intervention in psychosis: Derbyshire Healthcare NHS Foundation Trust (derbyshirehealthcareft.nhs.uk)

The Early Intervention in Psychosis Service (DEIPS) is for people aged 14 to 64 who experience psychosis for the first time.

<https://www.derbyshirehealthcareft.nhs.uk/services/mental-health-and-emotional-wellbeing/early-intervention-psychosis>

Derby City and South Derbyshire Early Intervention Service St Andrews House,
201 London Road, Derby, DE1 2TZ

Telephone: 0300 123 3239

North Derbyshire Early Intervention Service, Bay heath House, Rose Hill West, Chesterfield S40 1JF Telephone: 0300 123 4451

**SCA Consultation:**

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Getting risk support/ crisis or urgent support i.e. if mood/presentation deteriorates significantly and the CYP is expressing increasing suicidal thoughts and has plans to harm themselves.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire -Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentation in young people under the age of 18. They will respond within 4 hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts. Available 7 days a week 10am -10pm 07901 330 724

South Derbyshire -CAMHS RISE CAMHS Rise

A rapid response service for GPs and others in primary care to ensure the best possible support for young people who have seriously self-harmed or are having suicidal thoughts. 8am to 11pm Monday to Friday. Our weekend hours: 8am to 9.30pm. 0300 123 3124

Accident and Emergency/Ambulance may be necessary in some cases. Call 999.

Case Study

The Young Person was initially assessed by CAMHS due to concerns around risk impacted by past trauma however did not engage with CAMHS and was therefore discharged. Prior to discharge, CAMHS contacted the locality SCA to make them aware of the young person, the rationale behind discharge and to include them in the discharge plan as a point of contact for school to access continued support.

School continued to have significant concerns about this young person regarding risk and ability to engage with education, they quickly linked in with the locality SCA to share concerns. Upon further discussion, school completed an Early Help Assessment and an EHCP – this led to a MAT/Early Help worker becoming involved in the young person's and their families care and a network being created, the network was made up of the parent of young person, MAT/Early Help, School, SENCo, and Locality SCA with input from Educational Psychology. This network met monthly, however did at times meet more regularly when risk concerns around the young person escalated. Work was completed with the family and the EHCP process took place, things appeared to settle for the young person with the support network in place and the young person eventually started a more specialist educational provision which also provided longer term therapeutic support.

Through a network approach, including the locality SCA – the young person moved away from 'Getting Risk Support' to 'Getting more Help' and has slowly begun to thrive at home and in educational facilities.



PATHWAY FOR MANAGEMENT OF EATING DISORDERS: PRIMARY CARE/CAMHS EATING DISORDER SERVICE (CEDS)

<http://www.rcpch.ac.uk/system/files/protected/page/GIRLS%20and%20BOYS%20BMI%20CHART.pdf>

The purpose of this pathway is to provide a guide for referrers regarding the appropriate pathway & urgency of referral for young people presenting with an eating disorder. In case of further questions, please ring 01246 514412 & discuss with a clinician from the CAMHS Eating Disorder Service or the duty professional for CAMHS.

RISK TO HEALTH	SIGNS & SYMPTOMS	ACTIONS
IMMEDIATE/HIGH RISK TO HEALTH	<ul style="list-style-type: none"> Continued rapid weight loss, BMI below 0.4 centile Rapid physical deterioration: signs of signs from restricting, bingeing or purging, physiological instability Frequent compensatory behaviours Suicidal thoughts/behaviours Family/carers struggling Diagnosis of diabetes Fainting, dehydration and confusion Low weight' is now defined as a loss of 10% of a young person's expected body weight 	<ul style="list-style-type: none"> If not GP then must inform GP GP to make urgent/emergency referral to Paediatrics for assessment treatment of physical needs: in meantime weekly GP monitoring including weight/height, bloods Consider safeguarding concerns - seek advice as needed Refer to CAMHS Eating Disorder Service 01246 514412 as urgent. Liaise with school on best management in that setting, to ensure safety. Information re support agencies First Steps ED Freed Beeches/BEAT
MODERATE RISK	<ul style="list-style-type: none"> BMI 0.4 to 2nd Centiles Continued weight loss with behaviours and thoughts of eating disorder- History of weight loss (> 1kg a week for 2 consecutive weeks) or failure to gain weight Complex compensatory behaviours Body image distortion issues Evidence of depression Anxiety about gaining weight Behaviours to lose weight such as extreme restricting or frequent bingeing and/or purging If appropriate, when did they last have a menstrual cycle Are they over exercising? Avoidance of specific types of food textures, colours and smells; eating at an abnormally slow pace, or having a general lack of appetite 	<ul style="list-style-type: none"> Discuss with CAMHS Eating Disorder Service or duty 01246 514412 Refer to CAMHS Eating Disorder Service team Food/weight history/dietary advice – Meal diary Arrange medical monitoring via GP Liaise with other services as necessary Regular appointments offered and progress co-ordinated Information re support agencies First Steps/Freed Beeches/BEAT/ Consider trigger factors Review within 4 weeks – if ongoing, seek further advice CAMHS Consider safeguarding issues – seek advice as needed

<p>LOW RISK/early identification</p>	<ul style="list-style-type: none"> • BMI 2nd-9th centile – some weight loss • Eating pattern erratic and changed • Thinking & behaviour thoughts of eating disorder • Family concerned • No physical signs • No risk to physical/mental health • Some body image issues • Vulnerable to developing an eating disorder • Consider co-existing problems 	<ul style="list-style-type: none"> • Consider safeguarding – seek advice as needed • Appropriate treatment offered by tier 1 and support agencies refer first steps/freed beeches/BEAT • Request medical review with GP - review height and weight, BP, pulse fortnightly. • Review after 6 weeks or earlier if deterioration • Ongoing or increasing difficulty after 6 weeks treatment – refer to CAMHS
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*Please note this is a **draft** guidance document and will be sent out to schools/settings in February 2022. It will then be reviewed in June 2022 based on feedback from practitioners and then sent out as a final version document. It will then be reviewed annually.