

# SEMH pathways to support: 11-16 years of age

## Quick reference guide for professionals, parents and carers

Further guidance on all areas of concern can be found at [www.portsmouth.gov.uk/SEMHguidance](http://www.portsmouth.gov.uk/SEMHguidance)



### Things that could help

- [kooth.com](http://kooth.com) provides an online emotional health and wellbeing service for ages 11-18.
- The **Anna Freud Centre for Children and Families** and **Young Minds** provide a range of different types of support for children, young people, parents and their families.
- The Little Blue Book of Sunshine has tips on how to deal with problems such as anxiety, stress, body image, relationships and anger. It is available for free from **Google Play Store** and **Apple Books**.

	The impact on a young person		Pathway	
<b>Getting Advice</b> Mild concerns (Consider early intervention to support emotional needs) SDQ score 14-16	<ul style="list-style-type: none"> <li>• Anxiety that is short-term, noticeable and may have an impact on some day to day activities such as avoidance of school, seeing friends or doing activities</li> <li>• Nervousness, irritability, impatience, sadness, feeling overwhelmed.</li> <li>• Tired, low energy, muscle tension, headaches.</li> </ul>	Young person or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> <li>• Share 'Things that could help'.</li> <li>• Recommend registering with <a href="http://kooth.com">kooth.com</a></li> <li>• Speak to school's pastoral support such as an <b>Emotional Literacy Support Assistant</b>.</li> </ul>	If young person improves, support them to continue to Thrive with 'Things that could help'.  If young person continues to struggle or is getting worse see 'Getting Help' pathway.
<b>Getting Help</b> Moderate concerns (Consider early intervention to support emotional needs) SDQ score 17-19	<ul style="list-style-type: none"> <li>• Anxiety that is becoming problematic, appears out of context or disproportionate to the reason why they might be worrying.</li> <li>• Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, feeling dizzy or faint, vomiting, shaking.</li> <li>• Anger, withdrawal, pervasive sadness, hopelessness, poor concentration, increased fatigue, aches/ pains.</li> </ul>	Young person or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> <li>• Speak to school's pastoral support such as an <b>Emotional Literacy Support Assistant</b>.</li> <li>• School consult with <b>MHST</b> and refer if appropriate.</li> </ul>	If young person improves, support them to continue to Thrive with 'Things that could help'.  If young person continues to struggle or is getting worse see 'Getting More Help' pathway.
<b>Getting More Help</b> Significant concerns (Ensure action is taken to address emotional needs) SDQ score 20-40	<ul style="list-style-type: none"> <li>• These anxieties or episodes of low mood/depression are severe and enduring. These cause significant distress to a young person and significantly disrupts daily coping such as school/college, socialising and self-care activities (e.g. sleeping, bathing, eating).</li> <li>• Regular episodes of panicking such as getting distressed, racing heart rate, quicker breathing, feeling dizzy or faint, vomiting, shaking.</li> <li>• Isolating self from friends and family, feeling hopeless about future.</li> </ul>	Young person or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> <li>• School to consult with <b>MHST</b> and refer if appropriate.</li> <li>• Referral to <b>CAMHS</b>.</li> </ul>	If young person improves, support them with a robust maintenance plan and signpost 'Things that could help'.  If young person is in crisis see 'Getting Crisis Support' pathway.
<b>Getting Crisis Support</b>	Intense emotional distress with a high risk to self and others – for example, the young person is verbalising a plan to harm themselves or others and the family or network is not able to contain or manage the issue without urgent intervention.	<ul style="list-style-type: none"> <li>• Any urgent concerns about a mental health problem use the NHS 111 online service at <a href="http://www.111.nhs.uk">www.111.nhs.uk</a> or call 111.</li> <li>• If the young person has injured themselves, taken an overdose or are in an emergency and their life is at risk, dial 999 or go to the nearest emergency department.</li> </ul>	Identify a lead professional, step across to 'Getting More Help', support discharge plan.	

### Support services

**Kooth.com:** Kooth is an online emotional health/wellbeing service for 11-18 year olds (up to 25 for care leavers and those with an Education Health & Care Plan). No referral needed, just visit [kooth.com](http://kooth.com) and register anonymously. The site is available 24/7 with counselling available 12pm-10pm weekdays and 6pm-10pm on weekends.

**Schools Pastoral Support:** All secondary schools have a named Mental Health Lead and within schools there is a range of pastoral support available which includes **Emotional Literacy Support Assistants** (ELSAs). ELSAs support children to develop their social and emotional skills through individual and small group support programmes.

**Mental Health Support Teams (MHST):** **MHST** deliver evidence-based early interventions for children and young people with mild to moderate mental health problems. This includes 1:1 high/low intensity CBT work with parents and group work. MHST are available in all secondary schools across Portsmouth. Young people/parents can speak to their child's school about making a referral to MHST.

**Child and Adolescent Mental Health Services (CAMHS):** **CAMHS** deliver evidenced-based treatment for mental health disorders. This can include medication and talking therapies on a 1-2-1, group or family basis. Available Monday – Friday 09:00 - 17:00. Please contact: 0300 123 6632.

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