

Mental Health Support Team (MHST) Referral Criteria

The MHST is a brand-new service that supports children and young people, aged 4 to 18 years, and their families, with mild to moderate mental health difficulties through time-limited intervention. A list of possible difficulties we can support with is given below.

We have a small provision and capacity to offer support and intervention to children, young people and families who have difficulties outside of those listed below, so please discuss with us.

The MHST can support with:

- anxiety and/or avoidance (e.g. specific phobias, separation anxiety)
- worry management and problem solving
- panic management
- mild obsessive-compulsive disorder (OCD) and other rigid/ritualistic behaviour
- behavioural difficulties – identification of and brief parenting support for
- low mood / depression
- managing negative thoughts
- irritability as a symptom of depression
- thoughts of self-harm and support for alternative coping strategies for superficial self-harm
- low confidence and low self-esteem
- sleep difficulties through support of good sleep hygiene

For primary age children (4 to 11 years): *Interventions are aimed at supporting parents, however in some cases direct work with the child will be considered.*

The interventions we offer are very much based on working together, so will involve the young person/parent completing some work between sessions.

A diagnosis of ASD, ADHD, learning disability or other difficulties does not exclude children/young people and families accessing the service, but please discuss with us so we can consider whether adaptations can be made or if another service would be more suitable to provide the support.

Referral Process for Professionals

1. Once consent for referral has been gained from the young person/family, please attend your schools referral/consultation meeting with the MHST staff to discuss the child/young person you want to refer, OR, email MHST.East@nsft.nhs.uk /

MHST.West@nsft.nhs.uk to request a member of the MHST team to phone to discuss with you, within two working days.
[Please note, the only information we require in this email is your name, the child/young person's name and a contact number.]

2. If in conversation with the MHST it is agreed the child/young person's needs could be met by our team, a referral form to the MHST will be completed as part of the discussion.
3. If it is agreed the child/young person would be better supported elsewhere, we will provide signposting advice.

Referral Process for Self-referral (parents/carers in primary age children, parents/carers and/or young people in secondary age)

1. Email MHST.East@nsft.nhs.uk / MHST.West@nsft.nhs.uk to request a member of the MHST team phone to discuss with you.
[Please note, the only information we require in this email is your name, your child's name and a contact number.]
2. If in conversation with the MHST it is agreed the child/young person's needs could be met by our team, a referral form to the MHST will be completed as part of the discussion.
3. If it is agreed you/your child would be better supported elsewhere, we will provide signposting advice.

Urgent Referrals or Referrals outside of our Criteria

The MHST is not an urgent need service.

Referrals requiring a more urgent referral or outside of our criteria, please call the Emotional Wellbeing Hub: 0345 600 2090 - (8:00am – 7:30pm)

Emergency referrals

First Response: 0808 196 3494 - a 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

In an emergency (if the young person has seriously injured themselves or taken an overdose) please seek medical attention via the Local Emergency Department.

Gillick Competency

According to UK law, a child can give consent to be referred for treatment without parental knowledge if they are under the age of 16, as long as they are able to demonstrate sufficient maturity and intelligence to understand the nature and implications of the proposed treatment, including the risks and alternative courses of actions. Confidentiality may need to be breached if there is considered to be a risk to self or others. As many difficulties occur within the context for family life, treatment options could possibly be limited if there is not parental knowledge of referral.