Engaging with your mental health team

Working with any health team requires young people to attend and join in regular physical and mental health assessments.

Why?

Because there is a close connection between mental and physical health. People who have difficulty with mental health can often find it begins to impact their physical health.

How can physical health be affected?

Mental health disorders like anxiety and depression can impact:

* Sleep patterns
* Exercise patterns
* Hygiene patterns – showering, toileting, washing clothes or environment
* Eating patterns

It is important that mental health specialists and doctors monitor physical health and mental health (your thoughts, moods and perspectives).

Why are we concerned about you?

When people withdraw from their friends and families, and spend more and more time on their own, mental health specialists start to wonder how that person is feeling about themselves, their lives and their relationships.

We know that it can be hard to admit when you’re feeling unhappy, and we know that when people are feeling more anxious or depressed, they may stop eating as much, their sleep patterns may change, and they may stop talking with their families and friends.

What do we know:

We know that being stuck in your room because of anxiety or low mood is not healthy for your mind or body.

Why do we want to see you?

Your family are worried about your physical health and your mental health. They are worried about how much time you are spending on your own, and how little you are interacting with them. They are worried about how much you are eating and drinking, and if you are keeping physically well.

*WE* are also worried about your thoughts about yourself, your life, and your health.

What is the next step?

There are several options:

1. **Home visit from mental health team**
2. **GP visit with you parents**
3. **Emergency department**

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| **1. Home visit from mental health team** | 1. **GP visit with you parents** | 1. **Emergency department** |
| Some members of the Southern mental health team will come to your home.  They will need to look at you and your room, and talk with you (as best you can) about your thoughts, feelings and everyday functioning.  They will bring observation machines to measure your heart rate and blood pressure. They may take your weight also. | Your family may be able to take you to the GP who you know, or have a mobile GP visit you at home.  They will do basic physical health assessments, will speak with you and your family about a plan, and may liaise with your mental health team. | Your family or the ambulance may take you to the hospital for an assessment.    As you know, the hospital can be full of people and it can feel very overwhelming. |
| **They will make a plan with you and your family about what they think is best to keep you safe.** | | |

The plan may include the following:

1. You and your family need to support your health and wellbeing at home. We will keep checking in with you about how this is going.
2. You may need to return to hospital to help you recover, and to help you keep learning how to take care of your mental and physical health
3. You may need other services and therapists to also work with you to keep you healthy for the future.

What next?

Please talk with Mum and Dad about which option might be best. They will let the mental health team know what your thoughts are.

Please talk with us when we do come to the home so we can help you start to feel better.

We know you don’t like going to hospital (most people don’t!) but if you try to do these things to keep getting better, we can hopefully avoid that.

Daily checklist

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|  | Eat your meals in a shared space so that Mum and dad can check what you’re eating. |
|  | Take your medication in front of Mum or Dad. |
|  | Come out of your room twice a day for at least 15 minutes each time. |
|  | Respond to texts or questions from your family members. |