

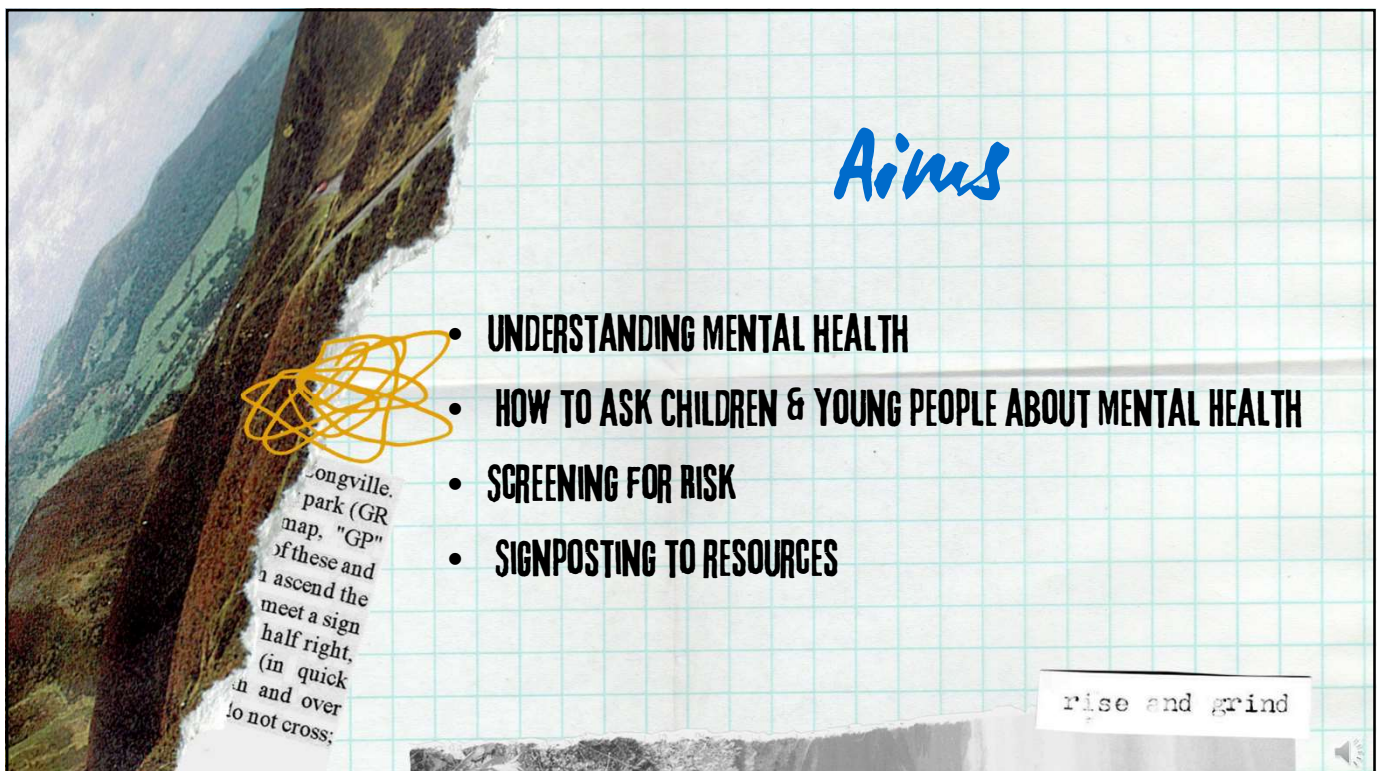
# Mental Health consultations

THINKING ABOUT CHILDREN & YOUNG PEOPLE IN GENERAL PRACTICE SETTINGS

Leah Brennan  
Chartered Clinical Psychologist

perfect

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## Aims

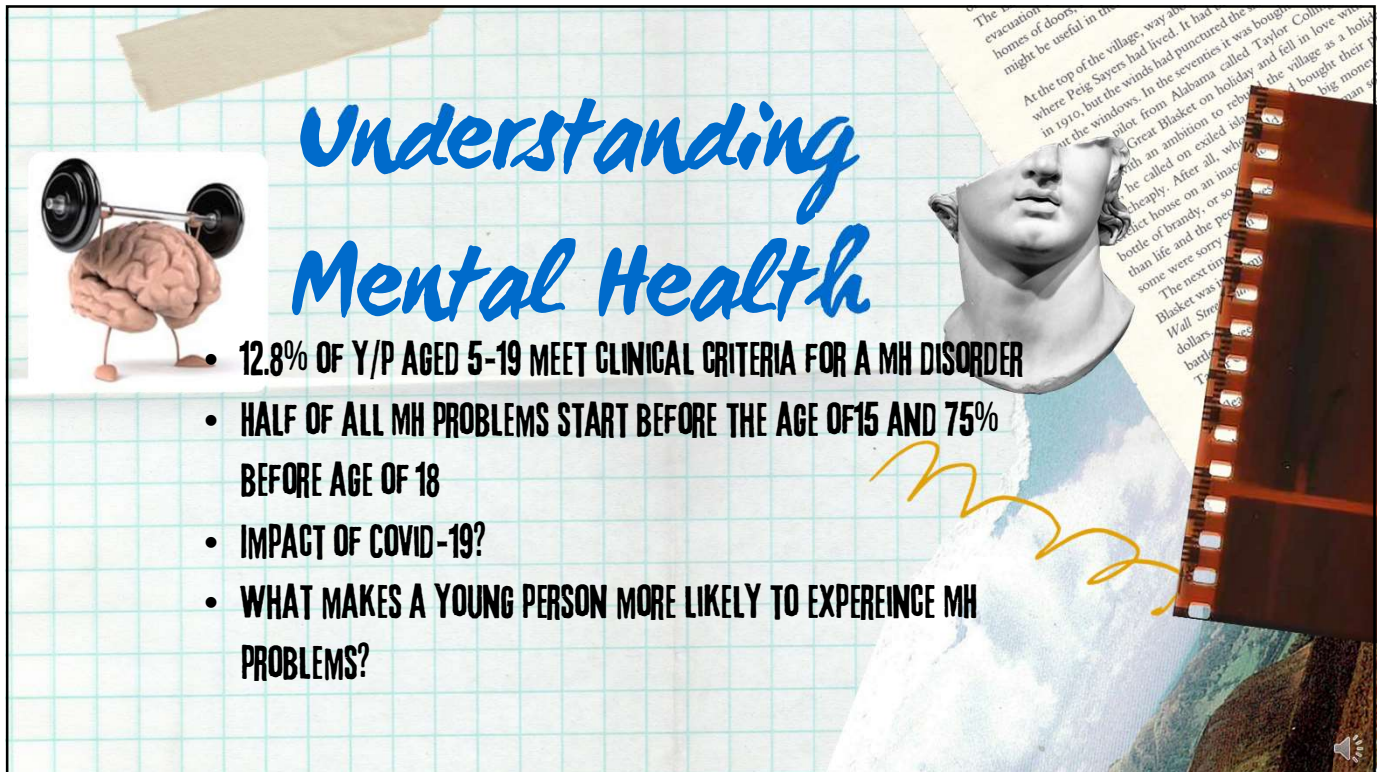
- UNDERSTANDING MENTAL HEALTH
- HOW TO ASK CHILDREN & YOUNG PEOPLE ABOUT MENTAL HEALTH
- SCREENING FOR RISK
- SIGNPOSTING TO RESOURCES

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# Understanding Mental Health

- 12.8% OF Y/P AGED 5-19 MEET CLINICAL CRITERIA FOR A MH DISORDER
- HALF OF ALL MH PROBLEMS START BEFORE THE AGE OF 15 AND 75% BEFORE AGE OF 18
- IMPACT OF COVID-19?
- WHAT MAKES A YOUNG PERSON MORE LIKELY TO EXPERIENCE MH PROBLEMS?

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## Risk and protective factors for CYP's mental health

### RISK FACTORS

- ✗ Genetic influences
- ✗ Low IQ and learning disabilities
- ✗ Specific development delay
- ✗ Communication difficulties
- ✗ Difficult temperament
- ✗ Physical illness
- ✗ Academic failure
- ✗ Low self-esteem

- ✗ Family disharmony, or break up
- ✗ Inconsistent discipline style
- ✗ Parent/s with mental illness or substance abuse
- ✗ Physical, sexual, neglect or emotional abuse
- ✗ Parental criminality or alcoholism
- ✗ Death and loss

- ✗ Bullying
- ✗ Discrimination
- ✗ Breakdown in or lack of positive friendships
- ✗ Deviant peer influences
- ✗ Peer pressure
- ✗ Poor pupil to teacher relationships

- ✗ Socio-economic disadvantage
- ✗ Homelessness
- ✗ Disaster, accidents, war or other overwhelming events
- ✗ Discrimination
- ✗ Other significant life events
- ✗ Lack of access to support services



Child



Family



School



Community

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect

- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities

### PROTECTIVE FACTORS

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Taken from Public Health England: The Mental Health of children and Young people Dec 2016

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# Anxiety



- WORRY (ANTICIPATORY)
- AVOIDANCE
- ATTENTION TO THREAT
- FAST AND SUSTAINED PHYSIOLOGICAL AROUSAL
- PSYCHOSOMATIC COMPLAINTS  
(STOMACH ACHES, HEADACHES, PAIN)
- DIFFICULTY IN RESTING AND GOING TO SLEEP
- SHYNESS
- SOCIAL WITHDRAWAL
- PERFECTIONISTIC

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# Depression

- SADNESS
- LOSS OF PLEASURE
- SOCIAL WITHDRAWAL
- SLEEP DISTURBANCE
- HOPELESSNESS AND HELPLESSNESS
- IRRITABILITY
- NEGATIVE MEMORY BIASES
- POOR CONCENTRATION
- FLAT AFFECT
- APPETITE CHANGES



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# Eating disorders

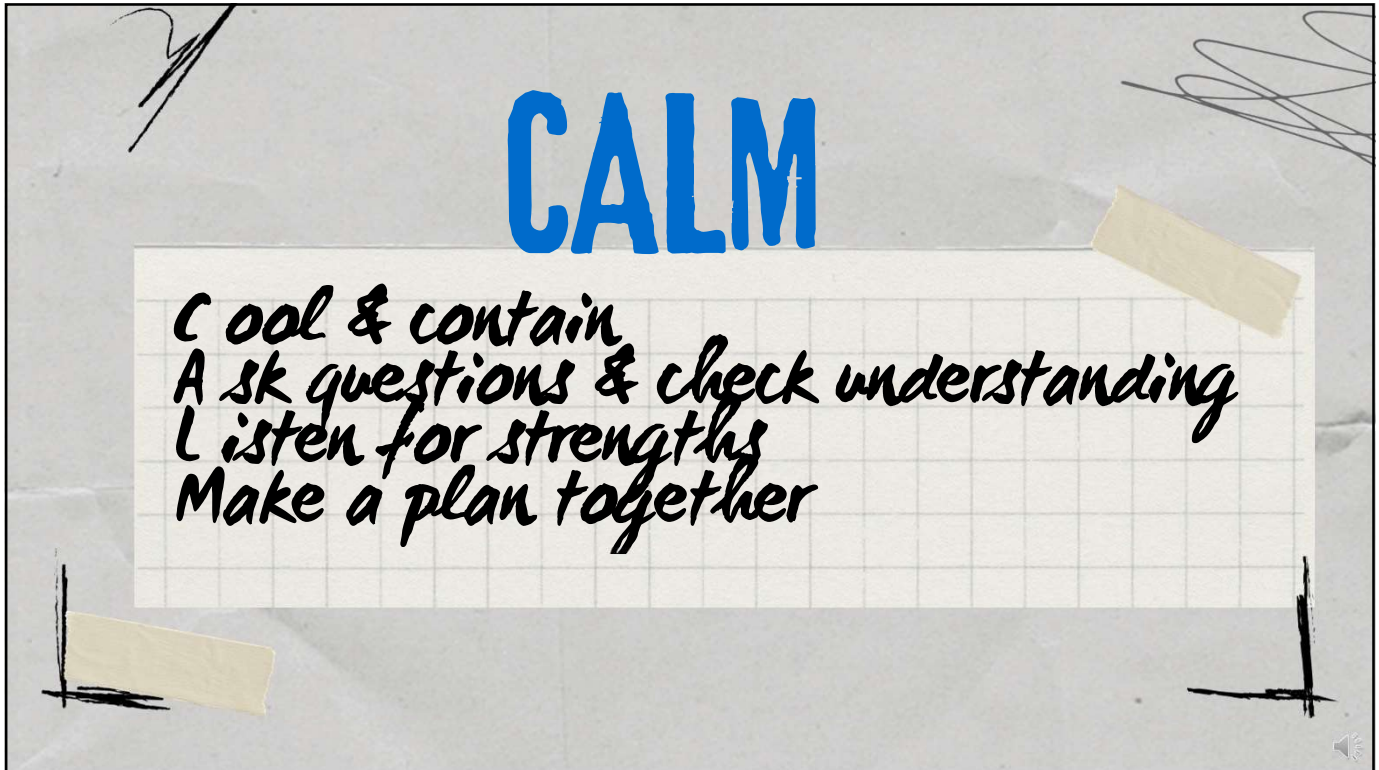
- Body image concerns
- Concerns about weight/shape
- Changes in attitude to food
- Changes in the way someone is dressing
- Weight loss
- Binge eating
- Excessive water consumption/ exercise

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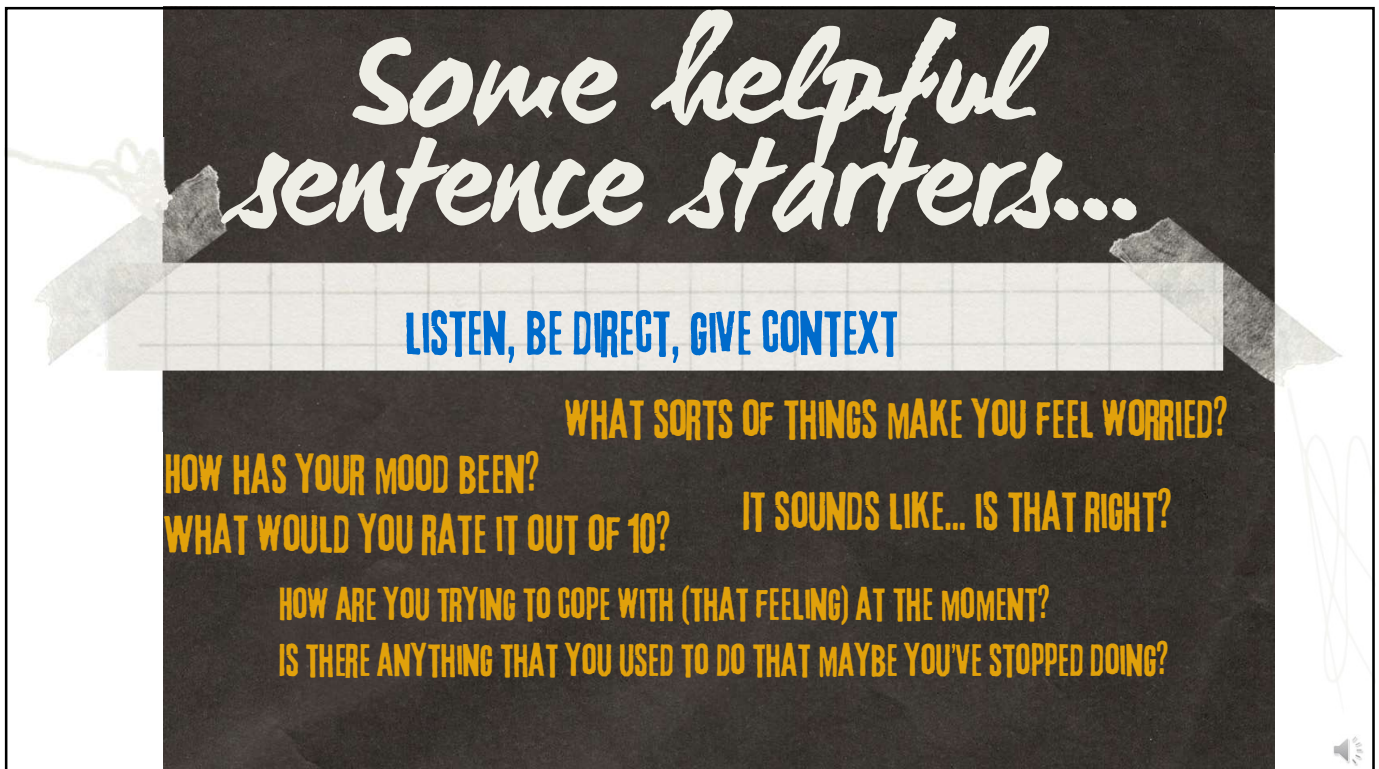
## What raises concern?

- SIGNIFICANT AND ENDURING CHANGES OVER THE LAST FEW MONTHS.
- INTERFERENCE IN MOST/ALL AREAS OF THE YOUNG PERSON'S LIFE.
- SIGNIFICANT RISK TO CHILD'S/OTHERS SAFETY

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# How to ask questions

LISTEN AND BE CURIOUS  
 SAFETY & CONFIDENTIALITY  
 AVOID MAKING ASSUMPTIONS  
 CHECK FOR UNDERSTANDING  
 VALIDATE AND EMPATHISE  
 AVOID MINIMISING / OVERLY NORMALISING

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## RISK

SELF-HARM / SUICIDE

When you feel that low have you ever thought about ending your life?

Have you talked to anybody before about that?

Sometimes when people feel really distressed, they can harm themselves because they think it will make them feel better. I wondered if you've ever done that or thought about it?

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# RESOURCES

**www.Kooth.com** - online based therapy plus lots of other useful resources

**www.rcpsych.ac.uk** - Royal College of Psychiatrists  
Info for parents & carers

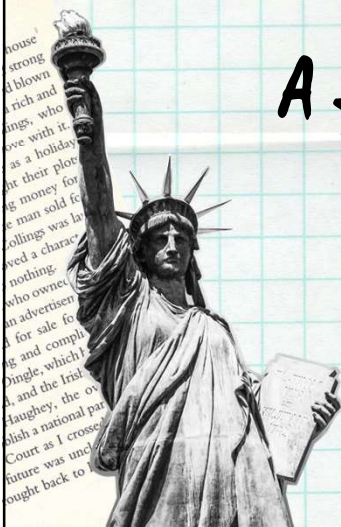
**www.beateatingdisorders.org.uk** - Eating disorders

**www.mind.org.uk** - Mental Health charity

**www.papyrus-uk.org** - Suicide prevention support

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*A few questions to test your knowledge*



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What is the most common  
mental health problem in  
children & young people?

- A) DEPRESSION
- B) ANXIETY
- C) ADHD

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If someone says  
their mood is low  
you should..

- A) JUST REASSURE THEM THAT'S IT IS NORMAL FOR TEENAGERS
- B) SCREEN FOR SUICIDALITY & SELF HARM
- C) MAKE AN INSTANT REFERRAL TO CAMHS

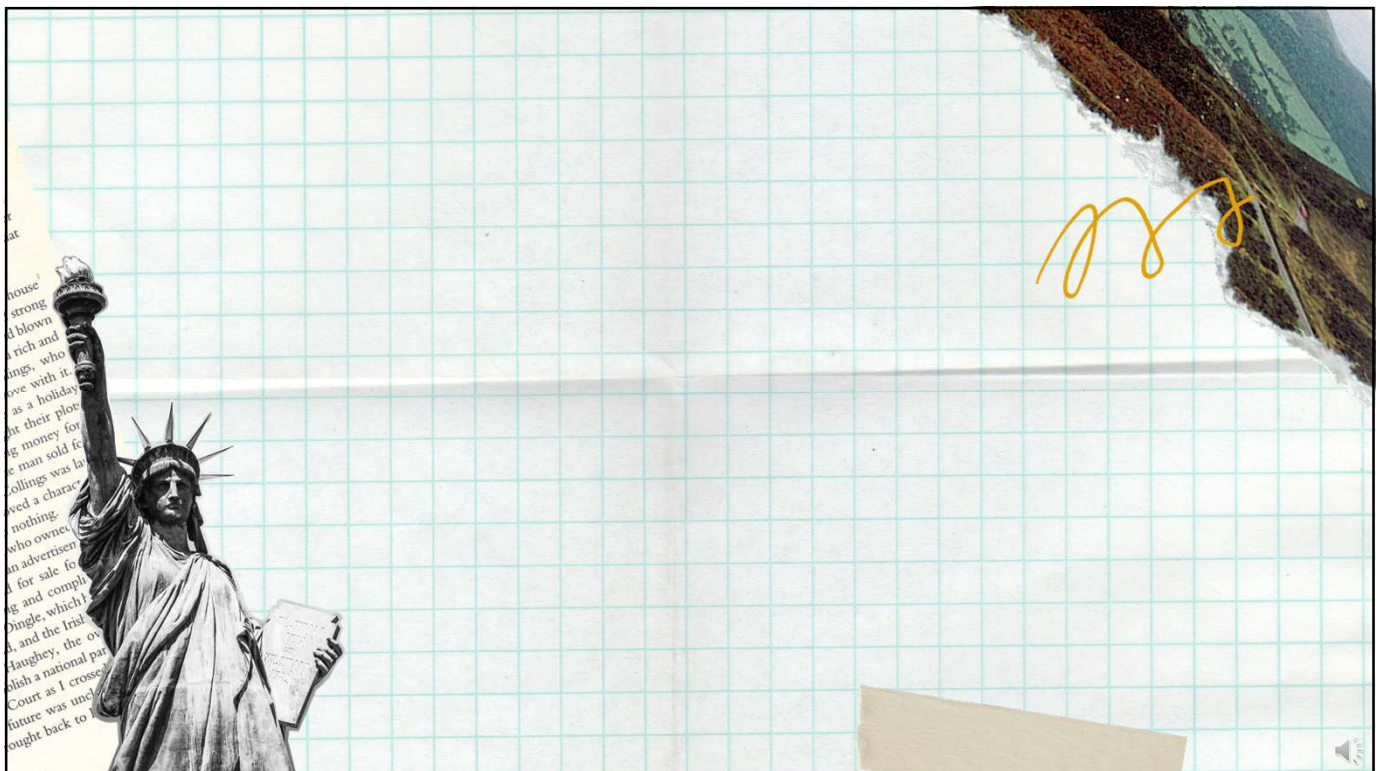
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**WHICH OF THE FOLLOWING STATEMENTS IS TRUE?**

- A. IT IS IMPORTANT TO ONLY ASK YES/NO QUESTIONS ABOUT MH SO THAT YOU HAVE CLEAR ANSWERS.**
- B. YOU SHOULD ASK BOTH THE CHILD AND THE PARENT(S) ABOUT MENTAL HEALTH CONCERNS.**
- C. ASKING ABOUT SUICIDE INCREASES THE RISK.**

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