**Criteria for Emotional Health Referrals into Connect for Health *Your school nursing service***

To ensure children and young people have access to appropriate emotional health support, this Referral Criteria outlines the types of referrals we accept and how they are managed.

**When we receive a referral:**

Once Connect for Health receive a referral it will be assessed by a nurse on a weekly basis, this process is referred to as ‘triage’. During this process emotional health referrals will be categorised into a Red, Amber or Green.

**Actioning Referrals:**

Universal (Green) when a child or young person presents with this level of need, they can be managed by School, Parent/Carer or appropriate agency. We would request that this level of referral is not sent to us. Please visit the Compass Website: [www.compass-uk.org](http://www.compass-uk.org) for age-appropriate advice and support.

Targeted (Amber) we are able to support this level of need. We can provide advice and brief interventions on emotional health and wellbeing.

Specialist (Red) when a child or young person presents with this level of need, they require specialist support which is beyond the thresholds of our service. Please do not refer to our service but instead refer the young person to the most appropriate agency such as:

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| Specialist Agencies |
| RISE | <https://cwrise.com/>Crisis Team – 0808 196 6798 |
| Warwickshire Children and YP drugs and alcohol service | <https://www.compass-uk.org/services/warwickshire-cypdas/> |

We are not able to provide interim support whilst specialist agency referrals are pending.

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| **Universal Referrals****Inconsistent/occasional issues** | **Targeted Referrals****Regular/sustained issues** | **Specialist Referrals****Persistent/excessive issues** |
| **Low mood**The child or young person may experience feelings of:* Sadness
* Tiredness
* Being upset
 | The child or young person may experience:* Poor sleep pattern
* Altered appetite
* Low confidence
* Poor concentration
* Poor motivation
* Negative thoughts
* Dampened feelings

Issues would have been present for > 2 weeks | The child or young person may: * need counselling or long-term mental health support
* already being referred to or supported by GP or specialist services
* have a clinical diagnosis of a mental health issue such as depression
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| **Self esteem**The child or young person may:* Not like self and/or have poor perception of themselves
 | The child or young person may:* Have lost confidence in their abilities
* Express having negative thoughts
* Poor body image
* Putting self-down
* Change in appearance or self-care

Issues would have been present for > 2 weeks | The child or young person may:* Not see the value in living
* Express significant negative thoughts about the future
* Feeling worthless
* No motivation
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| **Anxiety**The child or young person may:* Have occasional worries
 | The child or young person may experience:* Poor sleep pattern
* Altered appetite
* Low confidence
* Worrying about lots of different things
* Feeling on edge
* Physical symptoms of anxiety
* Negative thinking

Issues would have been present for > 2 weeks | The child or young person may:* Be so consumed with anxiety that it is affecting their daily life
* Having panic attacks
* Not leaving the house
* Specific Phobia
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| **Stress**The child or young person may:* Have worries about homework, exams, attainment expectations
 | The child or young person may experience:* Changes in behaviour
* Lack of concentration
* Hypervigilance
* Difficulty making decisions
* Poor sleep
* Feeling overwhelmed
* Being unable to cope

Issues would have been present for > 2 weeks |  |
| **Self-harm**Any child or young person demonstrating self-harming behaviours should be assessed by a Health Professional so please make a referral | Assessment can be made by the GP or School Nurse.The child or young person may:* Misuse alcohol or drugs
* Demonstrate persistent self-harming behaviours
* Talk about harming themselves
* Extremely poor hygiene
 | Assessment can be made by GP, A&E or Specialist agencies.The child or young person may:* Seriously self-injure
* High Risk Taking Behaviours
* Have displayed disordered eating
* Have overdosed/ become intoxicated
* Make threats to life
* Feelings of hopelessness
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We all have a responsibility for safeguarding children and keeping children safe. If you have concerns that a child is suffering any form of abuse, neglect, or cruelty, contact the **Warwickshire Multi-Agency Safeguarding Hub (MASH)**immediately by calling **01926 414144**.  Lines are open Monday to Thursday 8.00 am to 5.30 pm and Friday 8.30 am-5.00 pm.

Connect for health have a texting service for young people and parents/carers to enable them to get advice and support about health-related issues. Both are available Monday to Friday from 9.00 am to 5.00 pm.

* ChatHealth for young people aged 11-19 years, the text number is 07507 331 525
* Parentline for parents/carers, the text number is 07520 619 376

Thank you for your support

Connect for Health

Your school nursing service