

SEMH pathways to support: 5–10 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



Things that could help

- 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 child		Pathway	
Getting Advice Mild concerns (Consider early intervention to support emotional needs) SDQ score 14-16	<ul style="list-style-type: none"> 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 Nervousness, irritability, impatience, sadness, feeling overwhelmed. Tired, low energy, muscle tension, headaches. 	Child or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> Share 'Things that could help'. Speak to school's pastoral support such as an Emotional Literacy Support Assistant. 	If child improves, support them to continue to Thrive with 'Things that could help'. If child continues to struggle or is getting worse see 'Getting Help' pathway.
Getting Help Moderate concerns (Consider early intervention to support emotional needs) SDQ score 17-19	<ul style="list-style-type: none"> Anxiety that is becoming problematic, appears out of context or disproportionate to the reason why they might be worrying. Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, feeling dizzy or faint, vomiting, shaking. Anger, withdrawal, pervasive sadness, hopelessness, poor concentration, increased fatigue, aches/ pains. 	Child or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> Speak to school's pastoral support such as an Emotional Literacy Support Assistant. School consult with MHST and refer if appropriate. 	If child improves, support them to continue to Thrive with 'Things that could help'. If child continues to struggle or is getting worse see 'Getting More Help' pathway.
Getting More Help Significant concerns (Ensure action is taken to address emotional needs) SDQ score 20-40	<ul style="list-style-type: none"> These anxieties or episodes of low mood/depression are severe and enduring. These cause significant distress to a child and significantly disrupts daily coping such as school/college, socialising and self-care activities (e.g. sleeping, bathing, eating). Regular episodes of panicking such as getting distressed, racing heart rate, quicker breathing, feeling dizzy or faint, vomiting, shaking. Isolating self from friends and family, feeling hopeless about future. 	Child or parent speaks with teacher, youth worker, peer, GP etc.	<ul style="list-style-type: none"> School to consult with MHST and refer if appropriate. Referral to CAMHS. 	If child improves, support them with a robust maintenance plan and signpost 'Things that could help'. If child is in crisis see 'Getting Crisis Support' pathway.
Getting Crisis Support	Intense emotional distress with a high risk to self and others – for example, the child 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"> Any urgent concerns about a mental health problem use the NHS 111 online service at www.111.nhs.uk or call 111. If the child has injured themselves or is in an emergency and their life is at risk, dial 999 or go to the nearest emergency department. 		Identify a lead professional, step across to 'Getting More Help', support discharge plan.

Support services

Schools Pastoral Support: All primary 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 primary schools across Portsmouth. 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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