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| **Please return completed form to the Plymouth MHST on: livewell.MHST@nhs.net** |
| MHSTs do not accept urgent or emergency referrals. If your referral is urgent, please contact Plymouth : 08009239323 (24/7) **Consultation**: please book a consultation with the Education Mental Health Practitioner (EMHP) allocated to your school if you are unsure about the appropriateness of a referral.**Please note that we only work with children aged 5+** |
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| **EMHPs can work with:****Mild/moderate presentation** | **EMHPs cannot work with:****Significant levels of need /complex presentation** |
| Low mood / mild depression*(intervention with young person)* | PTSD, eating disorders, body dysmorphia, bipolar disorder, assessment for neurodevelopmental or learning needs |
| Generalised anxiety/worry, simple phobias, panic, social anxiety, mild OCD*(intervention with young person or parent/carer)* | Severe symptoms with significant impact across multiple settings, or multiple co-existing difficultiesNo motivation to change |
| Support for behavioural difficulties in children under 10*(intervention with parent/carer)* | Severe, active, high-risk self-harm. Current suicidal plans, or recent suicide attempt |
| Lifestyle management, for example: sleep hygiene, managing stress, problem solving, mild SEN needs | Complex needs, including domestic abuse, significant instability in family, moderate additional learning needs in carer, risky substance use |

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| **Consent**All children under the age of 12 need parental consent Self-referrals, age 12 + will be looked at by a case by case basis |