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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+** | |
| |  |  | | --- | --- | | **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 difficulties  No 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 | | |
| **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 |