**APPENDIX 3**

**REQUEST FOR ASSISTANCE GUIDANCE**

*A request for assistance should be made in agreement with the young person and where appropriate (dependant on age) the parent/carer. People are more likely to have a positive experience and a successful outcome when they have been involved in the decision and are motivated to attend. The referrer must have met with the young person prior to the request for assistance.*

**Types of difficulties targetted and specialist services may be able to help with:**

**CAMHS**

*CAMHS is a specialist mental health service to support young people with more complex mental health difficulties*

* Depression
* Anxiety disorders
* Psychosis
* Bipolar affective disorder
* Recurrent self harm
* Eating disorders
* Obsessive compulsive disorder
* Post traumatic stress disorder
* Tic disorders
* Neuro developmental difficulties such as ADHD, Autism Spectrum Condition and FASD

**Support from CAMHS focuses on treating a mental illness and uses a longer term approach than counselling/school nursing service etc.**

**EDUCATIONAL PSYCHOLOGY**

*The Psychological Service is a statutory service within East Ayrshire Economy and Skills: Education, providing advice and support to the establishments in East Ayrshire, for all children and young people from 0-19 years of age (19-24 consultation provision).*

*EPs in East Ayrshire work with children and young people in early childhood centres, primary, secondary and special school provision. They may work with children with learning difficulties, sensory and physical impairments, social and emotional difficulites, and communication difficulties.*

*The Service can offer:*

* Consultation and advice to parents, carers, teachers and other agencies
* Support to schools and other establishments in the evaluation of policies, strategies and interventions
* Support with the provision and planning for additional support needs
* A wide range of training to schools, parents, and other professional groups, on educational and developmental issues

*Areas of intervention include:*

* Where there is a barrier, particular additional support needs (ASN) to learning and development.
* Where assessment for school placement has been identified as a need

**SCHOOL NURSING SERVICE**

*School nursing is a targeted service. In general these would be short targeted interventions.*

* Bereavement difficulties
* Education about normal teen development if issues are identified
* Low level sleep difficulties
* Sexuality/Gender Identity worries

Emotional health and wellbeing issues such as:-

* Low level anxiety difficulties which are new in onset (weeks to a few months)
* Panic attacks (new in onset)
* Self harm

**SCHOOL COUNSELLING SERVICE**

*School counselling is a targeted service. In general, support would last between 6-8 weeks and is available to all children and young people aged 5+.*

*Areas of Intervention include but are not limited to:*

* Low mood
* Low self-esteem
* Family issues
* Self-harm
* Emotional Regulation

**CHILDRENS 1ST FAMILY WELLBEING SERVICE**

*Children’s 1st provide****short term intervention****with children, young people, and families, that supports their****emotional wellbeing****, builds confidence,****self-esteem and self-care****strategies to****promote resilience****. They are able to provide support to help families get ‘****back on track’****when experiencing****low level anxiety/stress****and requiring assistance with routines, boundaries, and relationships. Support is offered in a****trauma responsive****way, and outcomes are measured from the perspective of children and families.*

**What support might look like…..**

* Group work for children, young people, parents and carers with a focus on positive mental health and wellbeing
* Implementation of key engagement activities that promote connection and reduce feelings of isolation for children, young people and their families
* Locality based planning with children and families that promotes access to existing community-based support and or more specialist services, with a specific focus on identifying and nurturing key partners and relationships that empower children and families to create their own networks of support.
* 1:1 support for children and young people that helps them to re-focus on their physical, mental, and emotional health and wellbeing
* Whole family support sessions that introduce tools and strategies that promote emotional regulation and focus on strengthening family relationships
* Support is offered using a trauma sensitive approach and is offered in line with the specific and individual needs of children and families.  This includes access to money advice where poverty and financial resilience appear to bring barriers