

Appendix 1. Guidance for Children wellbeing practitioners

Table 2 - Guide to presenting difficulties

Do	May do	Should not do
Common mental health difficulties that may respond to early intervention	Conditions which may respond to early intervention but require discretion	Significant levels of need /complex conditions which are not suitable for brief early intervention
<p>Low Mood / Mild to Moderately Severe Depression</p> <p>Panic Disorder</p> <p>Panic Disorder &amp; Agoraphobia</p> <p>Generalised Anxiety Disorder / Worry</p> <p>Simple Phobia (but not blood, needle, vomit)</p> <p>Sleep problems</p> <p>Stress management</p> <p>Behavioural Difficulties</p>	<p>Anger difficulties</p> <p>Low self-esteem</p> <p>Mild social anxiety disorder</p> <p>Some compulsive behaviours</p> <p>Mild health anxiety</p> <p>Assertiveness/interpersonal challenges (e.g., with peers)</p> <p>Self-harm is disclosed but is assessed as linked to low- mood <b>but is not assessed as enduring and high risk in nature</b></p> <p>OCD</p>	<p>Pain management</p> <p>PTSD</p> <p>Bipolar Disorder</p> <p>Psychosis</p> <p>Personality Disorders</p> <p>Eating Disorders</p> <p>Chronic depression/anxiety</p> <p>Established health anxiety</p> <p>Historical or current experiences of abuse or violence</p> <p>Complex interpersonal challenges</p> <p>Bereavement</p> <p>Active, enduring and significant self-harm</p> <p>Relationship problems</p>

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