

## Importance of Early Identification and Intervention

In order to provide effective support and appropriate, timely interventions, recognising the signs and symptoms of emotional dysregulation and mental ill health is crucial. Effective early intervention works to prevent problems occurring or addressing them before they get worse therefore it is important that the mental health needs of children and young people are identified early. Providing support to children and their families at a time that is right for them can prevent problems worsening and reduce the risk of longer-term impact from mental ill health. A recent audit undertaken by the CSCP looking at cohort of children in crisis found that there had been some missed opportunities by agencies, at specific points in the child's life, to intervene earlier.

## Recognising the Signs

Identifying when a child or young person may be struggling with their emotional wellbeing or mental health can be challenging; by observing their mood and behaviour, you can recognise signs and patterns that indicate they may need support.

### **Common warning signs include:**

- Significant changes in normal behaviour
- Agitation / Irritability
- Eating habits
- Hygiene
- Difficulty sleeping
- Tearful
- Withdrawn
- Not wanting to do things they usually like
- Change in social behaviours i.e., avoiding friends and family.
- Self-harm or neglecting themselves
- Physical symptoms, such as headaches and vomiting
- Drug and alcohol misuse



## One Minute Guide

### **Mental Health and Emotional Wellbeing:**

Top Tips on recognising and responding to children and young people with emotional dysregulation and mental ill health

*February 2022*

## Underlying Issues

It is important to understand and address any underlying issues the child or young people may be experiencing when offering them support.

### **Below are some examples:**

- Adverse Childhood Experiences (ACEs)
- Abuse and neglect
- Family Dynamics (such as parental mental ill health or drug and alcohol use)
- Parent / Carer conflict or separation
- Body changes (puberty)
- Bullying / Cyber bullying
- Exams
- Relationships / friendships
- Attachments
- Social media
- Transitions (moving up years in school / moving home)
- Self-esteem

## Responding

Recognising that a child or young person may be struggling with their mental health is the first step in helping them. The next step is to respond appropriately. (NSPCC, 2021)

- Trusting relationships are important to children and young people – providing them with a safe space and time to talk to you may be enough
- Actively listen
- Ask open questions (use age appropriate language)
- Be genuine, warm and empathetic
- Be mindful of cultural issues
- Talk to them about things they can do to take care of themselves.
- You should never promise to keep what a child tells you a secret. Explain from the outset that you might have to talk to someone else who can help. (NSPCC, 2021)
- Where appropriate, share any concerns you have and consider what support can be put in place
- If you identify a safeguarding concern, you should follow your local safeguarding procedures.

## Interventions / Support

### Are you worried about a child, young person or their family?

Here are some useful numbers and links for services that can provide support

#### 24/7 Crisis line

For urgent calls for children and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on  
**Freephone 08001 966798**  
(select option 2)

#### Coventry City Council Early Help

Families, children and young people can get information, advice, guidance, and family support through Early Help. We will make sure children and young people get the right help at the right time.  
**0800 887 0545**  
[www.coventry.gov.uk/earlyhelp](http://www.coventry.gov.uk/earlyhelp)

#### Family Health and Lifestyles Service

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA.

There is also **ChatHealth**, a free confidential text service  
**07507 331 949** for 11-18-year-olds.  
**024 7518 9190**  
[www.eafl.nhs.uk/our-services/children-and-young-peoples-services-0-19-years](http://www.eafl.nhs.uk/our-services/children-and-young-peoples-services-0-19-years)

#### Positive Choices

A free confidential service for young people aged between 5 and 25 to talk about drug and alcohol issues, relationships and sexual health. The service helps young people make positive choices and changes, with support is through groups, one-to-one or online – or even through the new EcoEnergy allotment project.

**Kelly: 07776 963038**  
**Craig: 07741 900799**  
Sharon: 07741 900829  
[coventryyp.info@cgl.org.uk](mailto:coventryyp.info@cgl.org.uk)  
[www.changeorprolwe.org/](http://www.changeorprolwe.org/)  
[positive-choices-coventry.org/](http://positive-choices-coventry.org/)

#### Children and young people MH Service

If you would like to talk about a child or young person you can have a consultation with a mental health clinician within the Navigation Hub. You can also talk to the Primary Mental Health Team, who can provide wider training for professionals around identifying and supporting mental health needs in children and young people.

#### Rise Navigation hub

**0300 200 2021**  
[cwhf.co.uk](http://cwhf.co.uk)

#### Primary Mental Health Team

**024 7695 1476**

#### Virtual School

Is the child a Looked after Child (LAC) or previously looked after (PLAC)? The virtual school can offer support and advice to schools, nurseries and colleges.

#### CAMHS Looked After Childrens (LAC) Services

Children Looked After service offers therapeutic interventions to children and young people aged 5-18, who are currently looked after by Coventry local authority and are living within a 20-mile radius of Coventry. Support includes Attachment difficulties, breakdown of relationships, Self-harm, early trauma, and behavioural difficulties

Therapeutic parenting TRICE, COP. Referrals from Professionals sent to Rise Navigation hub on  
**0300 200 2021**  
[www.cwrlise.com](http://www.cwrlise.com)

#### Coventry and Warwickshire Relate

We are part of the Reach service in Coventry providing counselling support for children and young people aged 5-18 years of age experiencing poor mental health, bereavement and loss and family change.

We offer the Wish service supporting children and young people that have witnessed / experienced Domestic violence and abuse. All referrals to this project need to come via social care.

#### Coventry SEND Support Service

Coventry SEND Support Service continues to offer support to schools through their link SEND professionals. This includes work with families, children and young people and setting staff, this support is usually agreed through the setting SENDCO or other members of the leadership team.

**02476 222 456**  
[coventry.servicecentre@NSPCC.org.uk](mailto:coventry.servicecentre@NSPCC.org.uk)  
Monday, Tuesday, Thursday or Friday 9am – 1pm

#### CW Mind – Reach Service

Coventry and Warwickshire Mind have the Reach service for children and young people living in Coventry, aged 5-18, who are experiencing poor mental health, for example low self-esteem, anger or anxiety. During COVID-19, all provision of support from this service continues remotely.

To make a referral following the link  
[www.cwmind.org.uk/children-and-young-peoples-service/](http://www.cwmind.org.uk/children-and-young-peoples-service/)  
**024 7663 1835**  
Monday to Thursday from 9am until 4.30pm  
and Friday from 9am until 4.00pm.  
[Reach@cwmind.org.uk](http://Reach@cwmind.org.uk)  
[www.cwmind.org.uk/reach/](http://www.cwmind.org.uk/reach/)

#### NSPCC National Services

As part of the NSPCC's fight for every childhood, we work directly with children and families in our service centres across the UK and Channel Islands and give support to thousands of adults and young people in need through the NSPCC Helpline.

**024 7678 8400**  
[www.coventry.gov.uk/recoverycurriculum](http://www.coventry.gov.uk/recoverycurriculum)

**0300 200 2021**  
[www.cwrlise.com](http://www.cwrlise.com)

**024 7663 1835**  
Monday to Thursday from 9am until 4.30pm  
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[Reach@cwmind.org.uk](mailto:Reach@cwmind.org.uk)  
[www.cwmind.org.uk/reach/](http://www.cwmind.org.uk/reach/)

**07984 160840**  
[nmadden@grapevinecovandwarks.org](mailto:nmadden@grapevinecovandwarks.org)  
[www.grapevinecovandwarks.org](http://www.grapevinecovandwarks.org)

#### NSPCC Local services

The Coventry Service Centre provides targeted support to children and families living in Coventry and Warwickshire. During the pandemic, we are able to offer support virtually as well as face to face within our service centre.

**The services we offer at the Coventry service centre are currently:**  
MCBI  
Keeping children aged 9 to 13 safe online to prevent technology-assisted child sexual abuse (TA-CSA)

**Turn the Page**  
supports children and young people overcome feelings that have made them display harmful sexual behaviour.

**Building blocks**  
creative, home-based programme for parent and carers of children under 7 who may need support in gaining the skills and knowledge they need to care for their child.

If you wish to enquire about our local services in Coventry, please contact us to speak with one of our practitioners.  
**02476 222 456**  
[coventry.servicecentre@NSPCC.org.uk](mailto:coventry.servicecentre@NSPCC.org.uk)  
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[www.cwmind.org.uk/reach/](http://www.cwmind.org.uk/reach/)

**CW Mind – Community Children's Autism Support Service (CCASS)**  
Coventry and Warwickshire Mind offer Community Children's Autism Support Service, which offers various (digital) support for children and young people up to 18 years with Autism Spectrum Disorder (ASD) in Coventry and Warwickshire and training or drop in sessions to parents/carers and professionals. Referrals for social clubs made directly to CW Mind please email [vwes@cwmind.org.uk](mailto:vwes@cwmind.org.uk), referrals for CCASS, Educational Psychology etc) and must include the Dimensions Tool report

**07984 160840**  
[nmadden@grapevinecovandwarks.org](mailto:nmadden@grapevinecovandwarks.org)  
[www.grapevinecovandwarks.org](http://www.grapevinecovandwarks.org)

#### Buddy Service

The Buddy Service helps reduce social isolation and loneliness – expected to be a growing concern due to COVID – alongside anxiety, new phobias, and OCDs. The service helps those aged 13-18 to build their social connections, confidence, happiness and independence and overcome issues with accessing support.

**024 7655 2847**  
[www.cwmind.org.uk](http://www.cwmind.org.uk)  
[www.cwmind.org.uk/young-black-men-2](http://www.cwmind.org.uk/young-black-men-2)

**Young Black Men's Project**  
An early intervention and prevention mental health programme run by Black men, for young Black men. The service works to raise awareness of mental health and tackle stigma within the community.

**024 7655 2847**  
[www.cwmind.org.uk](http://www.cwmind.org.uk)  
[www.cwmind.org.uk/young-black-men-2](http://www.cwmind.org.uk/young-black-men-2)

**Positive Youth Foundation**  
The Positive Youth Foundation (PYF) is a registered charity that provides a wide range of high-quality programmes and opportunities for some of the most vulnerable young people in Coventry aged 8-25.

Our work offers a valuable early intervention for children and young people experiencing lower-level mental health problems such as stress, anxiety, or depression. We offer a range of interventions for young people depending on their needs, including very flexible one-to-one support, alternative learning for those struggling at school, open access youth work, sports and physical activity sessions, tailored short programmes and on-line and home-based support.

To refer a young person or to find out more about our services.  
[info@positiveyouthfoundation.org/](http://info@positiveyouthfoundation.org/)  
[www.positiveyouthfoundation.org/](http://www.positiveyouthfoundation.org/)  
[our-works/](http://our-works/)

**Grapevine Coventry and Warwickshire**  
**Teenwise plus (COVID Next Steps)** is an intensive programme available for young people with learning disability or autism who are struggling with school/college engagement. They may also face additional barriers like mental health needs, isolation or cultural barriers to support. A formal diagnosis is not required to access the project. Each young person will receive between 6 and 12 months help where they will be supported to develop a plan for a better future and self identify ways to engage with support available to them. They will be supported both one to one in groups to help develop confidence, friendship and make connections to the wider youth community.

**07984 160840**  
[nmadden@grapevinecovandwarks.org](mailto:nmadden@grapevinecovandwarks.org)  
[www.grapevinecovandwarks.org](http://www.grapevinecovandwarks.org)

**Coventry Youth Activists (CYA)** are a campaigns group changing young lives in Coventry. CYA members decide on the issues that matter to them and set about making positive change for themselves and others.

[agreen@grapevinecovandwarks.org](mailto:agreen@grapevinecovandwarks.org)  
[camdrew@grapevinecovandwarks.org](mailto:camdrew@grapevinecovandwarks.org)  
[www.grapevinecovandwarks.org/what-we-do/shifting-power/](http://www.grapevinecovandwarks.org/what-we-do/shifting-power/)

**Adult MH Support**  
A wide range of support including one-to-one, mental health courses to help people better understand and manage their own mental health.  
[www.cwmind.org.uk](http://www.cwmind.org.uk)

**Pathfinder One-to-Ones**  
**024 7622 9988**  
[pathways@cwmind.org.uk](mailto:pathways@cwmind.org.uk)  
[www.wbc.cwmind.org.uk/pathfinder](http://www.wbc.cwmind.org.uk/pathfinder)

**Recovery Wellbeing Academy**  
[www.recoverywellbeing.ac.uk](http://www.recoverywellbeing.ac.uk)

**Community Support**  
**024 7601 7226**  
[www.cwmind.org.uk/community-support-service](http://www.cwmind.org.uk/community-support-service)

**Coventry Safe Haven**  
A drop-in available to anyone aged 18+ for out-of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non-clinical environment, that provides information and emotional support.

**07821 876 065**  
[coventryhaven.nhs.net](http://coventryhaven.nhs.net)  
[www.nhs.uk/coventry-safe-haven](http://www.nhs.uk/coventry-safe-haven)

**Improving Access to Psychological Therapy (IAPT)**  
Helping those aged 16+ with symptoms of anxiety or depression.  
**024 7667 1090**  
[www.covwarkpt.nhs.uk/IAPT](http://www.covwarkpt.nhs.uk/IAPT)

**Other useful websites:**  
[www.cwmind.org.uk/get-help/](http://www.cwmind.org.uk/get-help/)  
[www.coventry.gov.uk/adultmhs](http://www.coventry.gov.uk/adultmhs)  
[www.coventry.gov.uk/senlissamshw](http://www.coventry.gov.uk/senlissamshw)



[www.coventry.gov.uk](http://www.coventry.gov.uk)

*\*Please click here to view the most up to date version of this leaflet*

## Case Study

**Background:** 12 year old female suffering with low mood following the recent bereavement of her sister. She lives at home with mum and younger siblings. She has a diagnosis of autism, had previously accessed CAMHS and was in receipt of face-to-face counselling. She also struggles to reach out to family. Her risk level was initially Amber (medium) due to eating issues.

**Intervention:** This young person was offered live drop-in chat and messaging with Kooth and shared her thoughts and feelings via the Kooth Journal. She was given a safe space to share issues and encouraged to share any issues with her face-to-face counsellor. Self-care activities were explored which identified dancing as something she enjoyed, boosting her self-confidence.

**Outcomes:** Re-assessment reduced risk to green, she was sharing any concerns with her face-to-face councillor and accessing Kooth. This young person fed back that she felt: heard, understood, respected, would recommend to her friends and that her Kooth worker was a good fit to meet her needs.

## Further Information

[Coventry Safeguarding Children Partnership Website](http://www.coventry.gov.uk/safeguarding)