

This leaflet was designed collaboratively by the three agencies that provide low-intensity CBT support in the Bristol and South Glos area:



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GUIDANCE ON APPROPRIATE REFERRALS FOR LOW-INTENSITY CBT

Low-intensity practitioners are equipped with evidence-based tools and interventions for supporting children and young people with certain mental health difficulties. Low-intensity practitioners use a traffic light system to help determine which referrals are right for them to take on, and which might need signposting elsewhere.



TOP TIP: WHAT DOES MILD TO MODERATE MEAN?

This is about the impact the mental health difficulty is having on the young person's life. For example, if it's mild anxiety it might affect the person in one or more areas of their life (e.g. school) once or twice a week, but not every day and not in every area of their life.

Moderate anxiety or low mood may affect them every day, but it wouldn't be debilitating and they would still be able to get on with some of their usual activities.

WE CAN SUPPORT CHILDREN/ YOUNG PEOPLE EXPERIENCING:

Mild to Moderate Anxiety including:

- Specific, simple phobias
- General worrying
- Panic attacks
- Avoidance/fear of social and performance situations
- Separation anxiety
- Social Anxiety

Mild to moderate low mood or depression

Mild to moderate behavioural difficulties (in children, not teenagers)

Sleeping problems

Negative thinking

Difficulties problem solving

Stress (for example related to school, exams or organising themselves)

Irritability or anger when this is a symptom of low mood or anxieties

WE MAY BE ABLE TO SUPPORT CHILDREN/YOUNG PEOPLE EXPERIENCING:

Current self-harm or suicidal thoughts (but no plans)

Low confidence or low self-esteem when there are suspected underlying anxieties or low mood

Mild or recently started symptoms of Obsessive Compulsive Disorder (OCD)/ rituals

YPs who have presented at a hospital in a mental health crisis, but have been assessed by CIOT as appropriate for low-intensity CBT

YP on the waiting list for Specialist CAMHS

YPs with 3 or more ACEs

Some school refusal

WE CANNOT PROVIDE SUPPORT FOR CHILDREN OR YOUNG PEOPLE EXPERIENCING:

Parental anxiety, depression or other mental health difficulties

Conduct disorder (hostile or violent behaviour towards others)

Severe, regular and high risk self-harm or suicidal ideation

Complex phobias such as blood, vomit or needles

YP who have made a recent attempt (in the last six months) to end their life

Mental health difficulties resulting from complex trauma such as Post-Traumatic Stress Disorder (PTSD), nightmares or flashbacks

Severe depression

Severe and/or chronic anxiety for example where medication might be indicated.

Severe Obsessive Compulsive Disorder (OCD)

Bereavement or grief which results in medium to severe mental health disorder

Assessment or diagnosis of neurodevelopmental disorders or learning needs

Mental health difficulties related to historic or current experiences of abuse or violence

Diagnosed attachment disorders

Chronic pain

Relationship difficulties

Eating disorders

Total school refusal