

# **Child and adolescent mental health services**

## **TIER 1**

### **Mild to moderate emotional and behavioural difficulties**

E.g. school based problems, effects of bullying, non school attendance, issues with learning, emotional distress, queries regarding ADHD, anger and aggression, mild depression, anxiety, effects of separation and divorce, ADHD + moderate behavioural difficulties, parenting/family difficulties, bereavement, ASD, adjustment to medical problems, safeguarding issues unresolved, low self esteem/confidence, eating/feeding difficulties, mild post traumatic stress, problems with sleeping, offending behaviour, mild somatic symptoms, effects of parental mental illness/substance misuse, parental conflict

## **TIER 2**

### **Moderate to severe mental health difficulties**

E.g. anxiety and depression, somatic symptoms with a psychological basis, conduct disorder, relationship difficulties, attachment/separation difficulties, effects of abuse/ trauma, school based problems as a result of a child's mental health difficulties, intense reaction of separation/divorce/bereavement

## **TIER 3**

### **Significant &/or enduring emotional, behaviour or mental health difficulties**

E.g. severe anxiety, major depressive illness, schizophrenic or bipolar disorder, psychotic episodes, emerging eating disorders, self-harm, suicidal thoughts or acts, neuro developmental difficulties with co-morbid MH issues, serious somatic/psychosomatic disorders, effects of extreme trauma, LAC with MH difficulties

## **TIER 4**

Seriously disturbed young people requiring inpatient or specialist outpatient services