

Emotional Regulation - when to refer to Hampshire CAMHS

Getting advice

Definition:

Emotional ups and downs are a very normal part of life. At times a child or young person may feel that these emotional ups and downs are a struggle and may seek support. Adults around the child may notice that the child or young person has changes in their mood in relation to particular situations that are causing upset.

What you might see; what a young person might report

- Moodiness
- Falling out with family and friends
- Scratching or hitting themselves when they are distressed
- Making statement like - I hate my life; I wish I was dead
- Irritability/argumentative
- Name calling/swearing
- Becoming distressed at times

Getting help

Definition:

The behaviour of a young person appears out of context or disproportionate to the situation. Episodes of concerning behaviour might be more frequent or prolonged and cause the young person and family distress or might have some mild impact on their ability to cope with everyday life such as going to or coping at school and relationships with others.

What you might see' what a young person might report

- Frequent self-harm that can be treated using first aid
- Stating that life is not worth living, wondering if they would be better off dead
- Unstable friendships and family relationships
- Frequent use of substances
- Frequent fluctuation of emotion that appears to be out of context
- Disrupted sleep and eating

Getting more help

Definition:

These difficulties cause significant distress to a young person and significantly disrupt daily coping such as school/ college, socialising and even self-care activities (e.g., sleep, bathing, eating). Despite trying advice in the green and amber stages, the young person still exhibit behaviours suggestive of them being highly emotionally dysregulated. Such difficulties have persisted/developed over 6 months or more

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What you might see, what young people may report

These symptoms are seen as a cluster of 2-3 symptoms rather than one symptom on its own

- **Frequent self-harm of a nature that medical attention is required - this may mean that they are seen repeatedly at the emergency department**
- **Suicidal actions or planning - for example overdose, stockpiling medication, expressing intention to end their life in a specific way**
- **Disrupted sleep and eating**
- **Regular use of substances to the point of inebriation**
- **Frequent severe fluctuating emotion e.g. severe anger outbursts, severe distress**
- **Breakdown in friendships and relationships with family**

Crisis/Risk

Definition:

These difficulties are putting the child or young person at significant risk of behaviours that are harmful. Despite intervention at the orange stage the young person on the family have become locked into a perpetual cycle of distress and harmful behaviour.

What you might see, what young people may report

These symptoms are seen as a cluster of 2-3 symptoms rather than one symptom on its own

- **Daily self-harm of a nature that medical attention is required - this may mean that they are seen repeatedly at the emergency department**
- **Daily suicidal actions or planning - for example overdose, stockpiling medication, expressing intention to end their life in a specific way**
- **Disrupted sleep and eating to a level that makes functioning impossible**
- **Daily use of substances to the point of inebriation**
- **Daily severe fluctuating emotion e.g. severe anger outbursts, severe distress**
- **Breakdown in friendships and relationships with family**