

## School Nursing: Support Package Referral Criteria

School nurses offer support to children and young people (CYP) experiencing mild difficulties (i.e. those that affect one or two areas of life, and do not have a significant impact every day of the week).

Referrals will be triaged to ensure the support packages offered by school nursing are appropriate for the presenting concerns. The three support packages are: 1. Emotional Wellbeing: Understanding our thoughts and feelings; 2. Getting a good night's sleep; 3. Keeping Ourselves well. Please see our website for further support package details.

### We can support children or young people (CYP) experiencing

- **Mild anxiety including:**
  - General worrying
  - Avoidance/fear of social situations
  - Separating from parents (primary school-aged children)
  - Stress (for example related to school or exams)
  - Early Emotionally Based School Avoidance, when the CYP is still attending school at least half the week.
  
- **Mild low mood including**
  - Negative thinking
  - Withdrawal from usual activities
  - Difficulties problem solving
  
- **Low confidence or low self-esteem** when there are suspected underlying anxieties or low mood  
Irritability or anger (when this is a symptom of low mood or anxieties)  
We can support mild anxiety or low mood in CYP who are engaging in superficial self-harm (i.e. which does not require treatment such as bandaging, or medical attention), or who have suicidal thoughts (but no plans).
  
- **Mild sleeping problems (i.e. difficulty falling or staying asleep).**
  
- CYP who would like to think with the school nurse about: healthy lifestyle, diet, exercise, puberty, personal hygiene, healthy relationships, or sexual health.

## **We cannot provide support for children or young people (CYP) experiencing**

- CYP currently accessing or on the waiting list for CAMHS or another specialist service for the referred concern
- Severe, regular, and high-risk or impulsive self-harm or suicidal ideation.
- CYP who have made a recent attempt (in the last six months) to end their life.
- Mental health difficulties resulting from complex trauma (e.g. PTSD, nightmares, flashbacks), or historic or current experiences of abuse or violence.
- Moderate or severe/chronic anxiety, including panic disorder, phobias, eating disorder, obsessive compulsive disorder (OCD), or where medication might be indicated.
- Moderate or severe depression
- Direct support for significant Emotionally Based School Avoidance (i.e. when the child is attending school less than half the week).
- Severe sleep difficulties, such as sleep/wake inversion.
- Assessment or diagnosis of neurodevelopmental disorders or learning needs.
- Direct bereavement support.
- Behavioural difficulties or conduct disorder.
- Direct support for parental anxiety, depression, or other mental health difficulties.
- Referrals meeting the above criteria will be offered one of our brief intervention support packages.

**Referrals meeting any of the above criteria will be signposted to appropriate support services.**