



**Mental Health
Presentation
<16years**



Patient information

Mental Health Presentations Children's Emergency Department



Excellent patient care, together

Mental Health Presentation <16year old

You have attended today because there is a concern about your mental health. You will be triaged initially by one of our nursing staff. This process allows us to undertake an initial assessment of you and identify any immediate concerns to your health or your safety. If you are already known to the Children and Young People's Mental Health Services (CYPMHS), this is a good opportunity to share your 'Safety Plan' if you have it with you.

What happens next

During triage if there have been any medical needs identified, for example blood tests, then a medical clinician will assess you. They will explain what needs to be done. Initial investigations will be carried out whilst you're in the emergency department. All these investigations will be explained to you by the medical and nursing team.

HEADSS Assessment

A HEADSS assessment is a private conversation between you and a healthcare professional. It helps us understand what's going on in your life. This is so we can support your health and wellbeing. It isn't a test, and there are no "right or wrong" answers. This may be completed by the medical clinician, the nursing team or the safeguarding team. Please refer to the HEADSS Patient information leaflet for more information.

Mental Health Team

After your initial triage the team will make a referral to our Children Crisis Assessment and Treatment Team – also known as CCATT. This referral will happen straight after triage however it depends how busy this team are outside of the hospital. As a result, waiting times may vary. During this time, you may be admitted to our Paediatric Assessment Unit. Here, if required, your medical investigations can continue, and you can wait for your CCATT assessment.

Mental Health Assessment

The CCATT team will carry out an initial assessment. You may already be known to a Children and Young Peoples Mental Health service (CYPMHS) team, or this may be your first encounter.

The CCATT initial assessment is a chance to think together about what brought you to the emergency department today. We will ask questions to help us understand this thoroughly. We call this a biopsychosocial assessment. This means we are thinking about all the important aspects of your life, how they fit together and what this means for you, your mental health and emotional wellbeing.

This assessment helps you and us understand the protective factors that keep you safe and risks for you at the time of the assessment. This is so we can make a plan together to meet your needs.

CCATT is a multi-professional team, and you will meet a clinician who may be a nurse, a clinical social worker, or a psychiatrist. They will introduce themselves to you and will all have training and experience in children's mental health.

How can we help

During your time with us please let us know if there is an environmental change we can try and accommodate. We are aware that hospitals are bright and noisy – it may not always be possible. We can try and provide a cubicle, eye masks, noise cancelling headphones and distraction materials.

Signposting

Here are some useful resources that you might find helpful to access either whilst you're with us or for another time. These are all free and confidential support services.

- **With Youth:** Online emotional and practical support, through digital services, resources, one to one sessions, groups, and instant messaging to help you feel heard and supported www.withyouth.org
- **Just Talk:** Emotional wellbeing information and resources to help young people in Hertfordshire. www.justtalkherts.org
- **The Sandbox:** Digital mental health support for Children and Young People. www.thesandbox.mindler.co.uk
- **The Neurodiversity Support Hub:** A support hub is an advice service offering support, signposting and guidance about ADHD.
- **SHOUT:** Text SHOUT to 85258 – Open 24/7 Text helpline
- **HPFT crisis line:** 0800 6444 101 – 24
- **Young minds:** www.youngminds.org.uk access online, start online chat and parent helpline for free.

How to contact us

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PALS

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Language



Large Print



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Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

For more information, please scan the QR code or visit our [website](#).

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