Advice for Primary Care on Emotionally Based School Avoidance following Covid19 August 2020



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Child/Young Person or family present at GP with anxiety, low mood or other emotional wellbeing symptoms impacting attendance at school

We encourage GP's to avoid issuing sick notes to children and young people who are suffering from emotional/mental health symptoms without having gone through the below processes to access appropriate support. The partners in education, health and social care are committed to supporting our children to stay in school in whatever capacity is appropriate based on symptoms and treatment, and pathways exist to ensure this is implemented by all agencies.

Is the Child/Young Person known to mental health services*?

*Mental Health Services:

Birmingham: Forward Thinking Birmingham

Solihull: Solar

Yes



No

Contact / Encourage family to contact their mental health team and speak to their care co-ordinator or the duty worker to review current needs and care plan.

GP to encourage: 1. Direct contact with school (pastoral lead, head of year, mental health lead, form tutor) and 2. Access to #You'veBeenMissed (for Birmingham families) and #WeAreThinkingOfYou (for Solihull families)

GP assessment considering the severity of the difficulty, and any impact on functioning





'Normal' Worries. Not impacting school. No/Minimal Risk.

None



Mild

Anxiety/Low Mood. Likely to impact school. No/Minimal Risk.



Moderate

Anxiety/Low Mood Impacting on school. Low Risk.



Severe

Significant Anxiety/Low Mood and Impact on School. Medium>High Risk.



GP to promote

strengths and

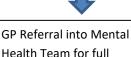
resilience and



#WeAreThinkingOfYou (Solihull)

GP Referral into Mental

Health Team for triage, Early Help, **Preventative Support** and Low-Intensity Treatment as



assessment and treatment plan as appropriate:

(FTB) Birmingham Referrals

(Solar) Solihull Referrals

family are implementing.

coping strategies

See guides:

#You'veBeenMissed (Birmingham) and #WeAreThinkingOfY ou (Solihull)

Guides:

#You'veBeenMissed (Birmingham) and

GP to encourage direct contact with schools plus: www.kooth.com is

available

(FTB) Birmingham **Referrals**

(Solar) Solihull Referrals

appropriate:





