

## Children and Young People’s Mental Health Service on the Isle of Wight Threshold and Criteria

<b>Tier 1 – Mental Health Support Teams (MHST) &amp; Child Well-being Practitioners (CWPs)</b>  <b>MILD:</b> A mild mental health issue is when a person has a small number of symptoms that have a limited effect on their daily life.	<b>Tier 2 - Counselling - Barnardo’s/Youth Trust</b>  <b>MODERATE:</b> A moderate mental health issue is when a person has more symptoms that can make their daily life much more difficult than usual.	<b>Tier 3 - CAMHS</b>  <b>COMPLEX AND PERSISTENT:</b> Complex and persistent mental health conditions that have a significant impact on daily life and impacting their ability to do their usual activities.
Low mood Mild to moderate depression Panic symptoms Panic and agoraphobia Worry/ generalised anxiety disorder Simple phobia (but not blood or needle) Sleep problems Stress management Behavioural difficulties Exam Stress School avoidance due to anxiety	Mild self-harm Suicidal feelings Family and relationship issues Low mood Low - moderate anxiety and worry Low self esteem Anger and challenging behaviour Abuse and neglect trauma Bullying Bereavement Mild OCD Mild – moderate tics Responses to traumatic events Emotional regulation	Active and enduring significant self-harm Suicidal ideation with intent Post traumatic distress disorder (PTSD) Bipolar disorder Psychosis (CAMHS or EIP) Eating disorders Chronic depression Complex and persistent anxiety Historical or current experiences of abuse or violence (severely impacting on functioning) Complex interpersonal challenges where there is comorbid mental health concern Complex and persistent OCD Tics and Tourette’s when has not responded to intervention and is complex and severely impacting upon functioning

We are accessible to all Children and young peoples who may have neurodevelopmental and/or learning disabilities and are experiencing any of the above presentations.

If you need help urgently for your mental health but it’s not an emergency or if you’re not sure what to do you can also call NHS 111 to talk to a nurse or mental health nurse for support.

For more information about mental health services on the Isle of Wight please go to: [Local Mental Health Support — Isle of Wight Community Mental Health \(iwmentalhealth.co.uk\)](http://www.localmentalhealthsupport.co.uk)