### Main services available in Portsmouth for children and young people with emotional or mental health needs (up to 25 years of age)

<table>
<thead>
<tr>
<th>HOW IS YOUR CHILD’S BEHAVIOUR WORRYING YOU?</th>
<th>WHEN TO BE CONCERNED</th>
<th>WHERE TO GET ADVICE AND HOW TO ACCESS SUPPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MILD</strong></td>
<td><strong>SEVERE</strong></td>
<td></td>
</tr>
<tr>
<td>Your child struggles to cope with changes in relationships and life events</td>
<td>This behaviour happens frequently and effect’s your child most days preventing them having the ability to carry out their normal activities</td>
<td></td>
</tr>
<tr>
<td><strong>CRISIS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>An extreme event that could mean a risk to your child’s life or others</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### This is an exhaustive list

- Self-esteem issues.
- Difficult family relationships.
- Bullying and difficult relationships at school.
- Life transitions (divorce, moving home, moving school).
- School work issues and poor behaviour.
- Anger management.
- Self-harm (surface cuts, head banging, occasional without intention to seriously harm oneself).
- Anxiety/Low Mood (low level, relating to a recent event, i.e. response to bereavement, divorce, changing schools).

This is not an exhaustive list

- Self-harm (regular surface cuts) and suicidal thoughts without intention to seriously harm.
- Anxiety/Low Mood (frequent and increased impact on some areas of life, e.g. occasionally struggles to leave house or attend school).

This is not an exhaustive list

- Post-traumatic Stress Disorder/Obsessive Compulsive Disorders.
- Eating Disorders/Psychosis/Suicidal ideas with intent.
- Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide).
- Anxiety (high anxiety affecting daily functioning, i.e. unable to leave the house or attend school).
- Depression.

This is not an exhaustive list

- Acute emotional distress with high risk to self and others e.g. young person is verbalising a suicidal plan/or actions to harm themselves or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention.

This is not an exhaustive list

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**Please Note:** This document was designed in co-production with:

- NHS Portsmouth
- PPV
- Portsmouth Young People

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**Please Note:** This document is only intended as a guide it does not include all support available. For more information: ppvadmin@p-d-f.org.uk