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>MILD</td>
<td>Your child struggles to cope with changes in relationships and life events</td>
<td></td>
</tr>
<tr>
<td>MODERATE</td>
<td>This behaviour happens sometimes and can sometimes affect your child’s daily life</td>
<td></td>
</tr>
<tr>
<td>SEVERE</td>
<td>This behaviour happens frequently and effect your child most days preventing them having the ability to carry out their normal activities</td>
<td></td>
</tr>
<tr>
<td>CRISIS</td>
<td>An extreme event that could mean a risk to your child’s life or others</td>
<td></td>
</tr>
</tbody>
</table>

**This is not 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).
- Acute emotional distress with high risk
- Depression.
- Anxiety (high anxiety affecting daily functioning, i.e. unable to leave the house or attend school).
- 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).
- 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.
- 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.

**Please Note:** This document is only intended as a guide it does not include all support available