Eye to Eye Young People's Counselling Service – Integrated Referral Pathway (Version 6)

This pathway is designed as a guide for School Staff. This will ensure that the child or young person receives the right service, at the right time and in the right place to best fit their individual needs. Prior to making an enquiry regarding counselling, school staff must follow the pathway. The pathway includes other services, links to useful 'apps' and websites for each presenting issue which may be more appropriate before counselling is considered. The apps and websites mentioned may suit some age groups more than others and will need to be checked by yourselves for age appropriateness. Counselling enquiries should be considered after other routes have been accessed.

- **The child or young person must agree to the enquiry and give explicit consent**
- **The child or young person must not be currently receiving regular therapeutic intervention with CAMHS or Other Therapists**
- **The child or young person must be regularly attending school - non-attenders can enquire through our EOTAS, Community or Online services (Not a requirement for Primary)**

Presenting Issue(s)	Pathway (to be considered prior to referral)	Useful Apps	Useful Websites
Abuse (including sexual)	Safeguarding procedures, MASH, G.P. School Nurse New Pathways	Mindshift Mindful Gnats	www.anxietycanada.com www.mindfulgnats.com www.youngminds.org.uk www.newpathways.org.uk
Academic	Head of Year Pastoral care Educational Pyschologist, YEPS School Support Services	Headspace –has in app purchases Mindshift Exam Stress	www.themix.org.uk
Anger	School Support Services, School Nurse Behaviour Support YEPS	Aim for Anger Management Mindshift What's Up	www.youngminds.org.uk http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend)
Anxiety	Eye to Eye's Anxiety Workshop or Group, Pastoral/Wellbeing Team, School Nurse, ELSA,THRIVE, GP, PMHT, CAMHS, EP,YEPS	Mindshift Mindful Gnats The Worrinots Worry Tree Fear kit for Anxiety	http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) www.anxietycanada.com www.youngminds.org.uk - 020 7089 5050 www.oxfordmindfulness.org
Behaviour	**Not suitable unless there has been a change in behaviour.** Pastoral/Wellbeing Team. School Nurse, YEPS, Behaviour Support, Educational Psychologist. Miskin Project (through Social Services)	Headspace Stop, Breathe & Think- has in app purchases Breathe2relax Wellmind	
Bereavement and Loss	Recommended to wait 6 months after bereavement to allow each person to	Apart of me Happify- has in app purchases Smiles & Tears	Cruse Bereavement Care RCT/Merthyr www.rd4u.org.uk – 01685 876020 www.mariecurie.org.uk

Presenting Issue(s)	Pathway (to be considered prior to referral)	Useful Apps	Useful Websites
	Start the grieving process, before counselling. ELSA, Pastoral/Wellbeing Team. School Nurse	Grief Support	Winstons Wish – 08452 030405 www.winstonswish.org.uk Survivors of Bereavement By Suicide – 0844 561 6855 www.uk-sobs.org.uk Child Bereavement Network – 01494 568900 www.childbereavement.org.uk/Support2 Wish Upon A Star – 01443 853125 www.2wishuponastar.org
Bullying	Pastoral/Wellbeing Team, YEPS, ELSA,THRIVE. School Nurse School procedures have been followed.	Stand Up to Bullying Mindshift	www.antibullying.net www.standuptobullying.co.uk www.mindful.org/daily-mindful-walking-practice www.youngminds.org.uk
Caring Responsibility	Pastoral/Wellbeing Team, School Nurse, Carers Support Project RCT MASH/Safeguarding/YEPS	Change4Life Smart Recipes	www.carers.org.uk https://www.rctcbc.gov.uk/EN/Resident/ChildrenandFamilies/YoungCarersSupport/YoungCarersSupport.aspx www.childline.co.uk www.childreninwales.org.uuk www.actionforchildren.org.uk
Cyber Safety	Other Agencies. YEPS School Nurse	Bright Sky Stay Alive	www.saferinternet.org www.internetmatters.org.uk www.youngminds.org.uk
Depression/Low Mood	Pastoral/Wellbeing Team, ELSA, School Nurse, GP. YEPS.	Wellmind Self-Heal	www.youngminds.org.uk http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend)

Presenting Issue(s)	Pathway (to be considered prior to referral)	Useful Apps	Useful Websites
Domestic Abuse	Pastoral/Wellbeing Team, School Nurse Resilient Families, MASH/Safeguarding,	Bright Sky	www.womensaid.org www.childline.org.uk www.victimsupport.gov.uk www.newpathways.org.uk
Eating Disorders	School Nurse, GP, CAMHS.	Mindful Eating Recovery Record Change4Life Smart Recipes	Amber Project – 02920 344776 National Self Harm Network www.beateatingdisorders.org.uk
Family	Pastoral/Wellbeing Team, ELSA, School Nurse, YEPS, Resilient Families.	Mindshift Self-Heal	www.kidshealth.org
Financial Concerns/Poverty	Resilient Families, Young Carers/DASPA/NACOA/CAB		www.moneysavingexpert.com www.childline.org.uk www.youngminds.org.uk
Illness	School Nurse, GP, Other Agencies.		www.childline.org.uk www.mariecurie.org.uk https://www.nhs.uk/live-well/ https://www.nhs.uk/
OCD (coping strategies)	CAMHS, EP	Brain in Hand (bih)	www.youngminds.org.uk - 020 7089 5050 www.braininhand.co.uk
Offending	YOS, YEPS, Resilient Families, MASH/Safeguarding, CAMHS, Other Agencies.	Aim for Anger Management	
Relationship (Others)	Pastoral/Wellbeing Team, ELSA, School Nurse	Worry Tree	
Relationship with Teachers	Pastoral/Wellbeing Team, ELSA, Restorative School Systems, School Nurse, YEPS.	Worry Tree	

Presenting Issue(s)	Pathway (to be considered prior to referral)	Useful Apps	Useful Websites
School Refusers/Poor attendance	Pastoral/Wellbeing Team, ELSA, YEPS, AWO, School Nurse	Worry Tree	
Self-Harm	Pastoral/Wellbeing Team, School Nurse, ELSA, THRIVE, YEPS, GP, and CAMHS.	Self-Heal	Self-Injury Support – 0117 927 9600 www.selfinjurysupport.org.uk
Self-Worth	Pastoral/Wellbeing Team, School Nurse, YEPS, ELSA, THRIVE.	Self-Heal Mindshift Worry Tree	
Sexual (including orientation)	Pastoral/Wellbeing Team, School Nurse, YEPS. Drop in Clinics (RCT)	Bright Sky	www.stonewallcymru.org.uk www.mermaidsuk.org.uk www.cwmtafuhb.wales.nhs.uk/contraception-and-sexual-health-services www.childline.org.uk
Stress	Pastoral/Wellbeing Team, School Nurse, YEPS, ELSA, THRIVE.	Exam Stress Wellmind Worry Tree App Self-Heal Mindful gnats	http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) www.anxietycanada.com http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx(for over 16's) www.youngminds.org.uk
Suicide	GP, CAMHS, MASH/Safeguarding. YEPS, School safeguarding procedures need to be followed prior to counselling.	Stay Alive	https://www.childline.org.uk/ 0800 1111 https://www.samaritans.org 116123 PAPYRUS – 0800 068 4141 www.papyrus-uk.org www.youngminds.org.uk Survivors of Bereavement by Suicide – 0844 561 6855 www.uk-sobs.org.uk

Presenting Issue(s)	Pathway (to be considered prior to referral)	Useful Apps	Useful Websites
Transgender Issues	Pastoral/Wellbeing Team, School Nurse, GP, CAMHS, YEPS, Other Agencies.		www.childline.org.uk Mermaids – 0844 334 0550 www.mermaidsuk.org.uk Stonewall Cymru – 0800 502020 www.stonewallcymru.org.uk www.lgbt.foundation

Please note that the following issues need to be dealt with by the following specialist areas:

Issues	Referral to
ADHD	CAMHS
Drug and Alcohol	Wales Drug and Alcohol Helpline – 0808 808 2234 dan247.org.uk or text DAN to 81066 Turn Around Project – 01443 486404 NAOCOA – 0800 358 3456 https://www.nacoa.org.uk DASPA – 0300 333 0000 http://www.daspa.org.uk http://www.nhs.uk/Livewell/drugs/Pages/Drugshome.aspx
OCD	CAMHS
For all difficulties that are causing distress to a young person or negatively impacting on learning or behaviour, school staff are advised to discuss them with their Educational Psychologist	Education Psychology