

Focus of intervention

Nature of intervention

Step 3

Persistent subthreshold depressive symptoms or mild to moderate depression that has not responded to a low intensity intervention; initial presentation of moderate or severe depression; generalised anxiety disorder with marked functional impairment or that has not responded to a low intensity intervention; moderate to severe panic disorder; obsessive-compulsive disorder with moderate or severe functional impairment; post-traumatic stress disorder

Depression - Cognitive behavioural therapy, interpersonal therapy, behavioural activation, behavioural couples therapy, counselling,* short term psychodynamic psychotherapy,* antidepressants, combined interventions, collaborative care,† self help groups
Generalised anxiety disorder - Cognitive behavioural therapy, applied relaxation, drug treatment, combined interventions, self help groups
Panic disorder - Cognitive behavioural therapy, antidepressants, self help groups
Obsessive-compulsive disorder - Cognitive behavioural therapy (including exposure and response prevention), antidepressants, combined interventions and case management, self help groups
Post-traumatic stress disorder - Trauma focused cognitive behavioural therapy, eye movement desensitisation and reprocessing, drug treatment
All disorders - Support groups, educational and employment support services; befriending, rehabilitation programmes; referral for further assessment and interventions

Step 2

Persistent subthreshold depressive symptoms or mild to moderate depression; generalised anxiety disorder; mild to moderate panic disorder; mild to moderate obsessive-compulsive disorder; post-traumatic stress disorder (including mild to moderate)

Depression - Individual facilitated self help, computerised cognitive behavioural therapy, structured physical activity, group based peer support (self help) programmes,† non-directive counselling delivered at home,‡ antidepressants, self help groups
Generalised anxiety disorder and panic disorder - Individual non-facilitated and facilitated self help, psychoeducational groups, self help groups
Obsessive-compulsive disorder - Individual or group cognitive behavioural therapy (including exposure and response prevention), self help groups
Post-traumatic stress disorder - Trauma focused cognitive behavioural therapy or eye movement desensitisation and reprocessing
All disorders - Support groups, educational and employment support services; referral for further assessment and interventions

Step 1

All disorders—known and suspected presentations of common mental health disorders

All disorders - Identification, assessment, psychoeducation, active monitoring; referral for further assessment and interventions

* Discuss with the person the uncertainty of the effectiveness of counselling and psychodynamic psychotherapy in treating depression

† For people with depression and a chronic physical health problem

‡ For women during pregnancy or postnatally

Nice Guidelines Common Mental Health Disorders

**Arun Bhaskaran, Elijah Casper-
Blake, Richard William Kerslake**

Nice Guidelines Common Mental Health Disorders:

Common Mental Health Disorders National Collaborating Centre for Mental Health (Great Britain), 2011 Bringing together treatment and referral advice from existing guidelines this text aims to improve access to services and recognition of common mental health disorders in adults and provide advice on the principles that need to be adopted to develop appropriate referral and local care pathways *Handbook of Evidence-Based Practice in Clinical Psychology, Child and Adolescent Disorders* Michel Hersen, Peter Sturmey, 2012-06-05 Handbook of Evidence Based Practice in Clinical Psychology Volume 1 covers the evidence based practices now identified for treating children and adolescents with a wide range of DSM disorders Topics include fundamental issues developmental disorders behavior and habit disorders anxiety and mood disorders and eating disorders Each chapter provides a comprehensive review of the evidence based practice literature for each disorder and then covers several different treatment types for clinical implementation Edited by the renowned Peter Sturmey and Michel Hersen and featuring contributions from experts in the field this reference is ideal for academics researchers and libraries

Child Psychology Helen Pote, Anna Picciotto, Clare Norris, 2024-08-19 An inclusive guide to developing confidence and competence in daily practice Attending to the psychological needs of children in distress is an enormously challenging and rewarding endeavour Successful clinical child psychologists are both practitioners and scientists integrating the application of existing theory current knowledge and evidence based research into their practice In Child Psychology Pathways to Good Practice a highly experienced team of clinicians and researchers provides effective treatment practices and toolkits to assist in custom tailoring therapies for young patients Concise chapters address a broad range of conditions from behavioural and emotional difficulties to issues related to neurodivergence and intellectual disabilities Drawing upon the most recent evidence and therapeutic models this authoritative guide offers practical hands on discussion of all aspects of the child psychological practice including assessment and formulation legal and professional issues service delivery collaboration digital mental health trauma informed practice working in schools and social care and more Edited by leaders in the field Child Psychology Pathways to Good Practice is a must have for any clinical practitioner specialising in child or adolescent psychology It is also a valuable resource for advanced students trainees and researchers with an interest in the clinical aspects of children's mental health

A Practical Guide to Congenital Developmental Disorders and Learning Difficulties Judith P. Hudson, 2014-04-24 To give children with congenital developmental conditions that manifest special learning needs and specific disabilities their best chance to succeed early identification and appropriate interventions and support is necessary This text highlights what to look for when there are concerns about a child's development Practical and accessible it is divided into three sections Part 1 looks at the theory and policy context discussing the social model of disability the responsibility of health social care and education services to the child and family and the role of reviews and assessment in recognising developmental disorders Part 2 provides a reference guide to atypical developmental conditions

and disorders For each condition aetiology prominent theories and research profile of features including triggers and behaviours diagnostic assessment procedures and appropriate interventions are given and links made to sources of further information and support Part 3 explores practical issues how to work sensitively and effectively with children and their families looking at the psychological implications of diagnosis and how to plan promote deliver and evaluate multi agency support Designed to support professionals working within a multi modal collaborative approach to assessment and intervention processes it is suitable for health visitors allied health therapists nurses teachers and social care practitioners It is also a useful reference for students in these areas learning about child development and includes critical reading exercises online searching tasks self assessment questions reflective activities and document analysis prompts

ABC of Mental Health Teifion Davies, Tom Craig, 2009-07-06 Mental health services have changed completely in the UK and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this Providing clear practical advice on how to recognise diagnose and manage mental disorders successfully and safely with sections on selecting drugs and psychological treatments and improving compliance ABC of Mental Health also contains information on the major categories of mental health disorders the mental health needs of vulnerable groups such as the elderly children homeless and ethnic minorities and the psychological treatments Fully up to date with recent mental health legislation this new edition is as comprehensive as it is invaluable By covering the mental health needs of special groups this ABC equips GPs hospital doctors nurses counsellors and social workers with all the information they need for the day to day management of patients with mental health problems

Primary Care Mental Health Linda Gask, Tony Kendrick, Robert Peveler, Carolyn A. Chew-Graham, 2018-09-20 A comprehensive guide to this emerging field fully updated to cover clinical policy and practical issues with a user centred approach

An Introduction to Mental Health in Paramedic Science Joanne Augustus, Yuet Wah Patrick, Paula Gardner, 2022-01-25 A must read for all paramedics and pre hospital clinicians Gemma Howlett Principal Lecturer in Paramedic Apprenticeships University of Cumbria UK A unique and valuable book to enable paramedics to undertake the daily challenges of providing care and support for patients and service users experiencing mental health difficulties Clare Keenan Lecturer in Paramedic Science BSc Hons University of Plymouth UK This is an essential book written by credible and knowledgeable authors Chris Matthews Senior Lecturer in Paramedic Science University of Brighton UK and Critical Care Paramedic Team Leader South East Coast Ambulance Service An Introduction to Mental Health for Paramedic Science explores how mental health problems impact on the individual in the context of emergency medicine covering the critical areas that students and practitioners need to know such as The key characteristics of mental health problems How mental health problems relate to the assessment performed in the community Referral pathways Treatment following referral Taking key concepts of mental health including person centred care as the framework Mental Health for Paramedic Science includes guidance on Multidisciplinary working Principles and practical applications of legislation

Evidence based bio medical approaches Trauma informed care Written by experienced paramedic educators this new book is the go to guide for students and practicing paramedics wanting to explore mental health treatments as encountered in paramedic settings Joanne Augustus is the course leader and a senior lecturer for the Foundation Degree in Mental Health at the University of Worcester UK Yuet Wah Patrick is a senior lecturer in paramedic science at the University of Gloucester UK Paula Gardner is a senior lecturer in paramedic science at the University of Worcester UK

Antisocial Behaviour and Conduct Disorders in Children and Young People National Collaborating Centre for Mental Health (Great Britain),2013 Antisocial behaviour and conduct disorders are the most common reason for referral to child and adolescent mental health services and have a significant impact on the quality of life of children and young people and their parents and carers Rates of other mental health problems including antisocial personality disorder are considerably increased for adults who had a conduct disorder in childhood This new NICE guideline seeks to address these problems by offering advice on prevention strategies and a range of psychosocial interventions It reviews the evidence across the care pathway encompassing access to and delivery of services experience of care selective prevention interventions case identification and assessment psychological and psychosocial indicated prevention and treatment interventions and pharmacological and physical interventions Readership Intended for healthcare professionals in CAMHS but this will also be useful to professionals in primary care as there is much emphasis on recognition

Revision Guide for MRCPsych Paper B Arun Bhaskaran,Elijah Casper-Blake,Richard William Kerslake,2023-11-28 This text covers the key information necessary to pass Paper B of the postgraduate examination and become a member of the Royal College of Psychiatrists MRCPsych It provides candidates with comprehensive coverage of the Paper B syllabus including information from a wide variety of sources to save candidates crucial time during exam revision The content is accessible and presented in manageable sections highlighting key information using tables lists and graphics This text is essential for psychiatry trainees revising for their written examinations and is also suitable for individuals healthcare professionals with an interest in psychiatry and a desire to learn more

Pathophysiology and Pharmacology in Nursing Sarah Ashelford,Justine Raynsford,Vanessa Taylor,2019-05-25 Pathophysiology and Pharmacology in Nursing has been carefully designed to provide an integrated introduction to both the biology of disease and the therapeutic agents that are used to manage them It covers the basics of pharmacology the core pathological concepts of inflammation infection and cancer as well as a systems based consideration of the pathophysiology and relevant pharmacology of common disorders New to the second edition All content updated and mapped to the 2018 NMC standards Two new chapters on Mental health conditions and Renal conditions The ideal starting point for student nurses to develop a robust integrated knowledge of human disease and pharmacology enabling them to provide care that is based on up to date knowledge of this important subject

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