



WHAT?

HEEADSSS is a practical, time-tested strategy that can be used to obtain a *Psychosocial Review of Systems (PROS)* for adolescent patients who attend ED with self-harm/mental health concerns.

H HOME: who lives at home? What are the relationships like? Divorce?

E EDUCATION: going to school? Stress of exams/grades? Friends? Bullying?

E EATING: stress from eating habits, weight or body shape change?

A ACTIVITIES: any hobbies? Meet with friends? Time spent on internet/TV?

D DRUGS: do you, friends or family use tobacco, alcohol or drugs?

S SEXUALITY: previous or current relationship? Sexual orientation?

S SUICIDE: sad? Stressed? Previous or current thoughts? Medication? DSH?

S SAFETY: aware of any risk-taking? Violence at home or school?

WHY?

***Adolescence** is an important developmental phase that captures the transition from childhood to adulthood- the way an individual will cope with this will vary from child to child.*

***Psychological stress triggers** are not easily identified or addressed using a strictly physiologic assessment.*

***Assessment of risk** for every child presenting with self-harm & mental health concerns, including:*

- ➔ Self-harm and/or suicide
- ➔ Depression
- ➔ Hopelessness
- ➔ Continuing suicidal intent

HOW?

Follow local safeguarding policy: A-form, CAMHS or Mental Health team referral.

“Riverside” referral for drugs, alcohol, smoking advice & support:
<http://bit.ly/2G49PHL>

Self-harm in over 8 years (NICE)
<http://bit.ly/2FrUUWN>

Adolescent Health eLearning (e-LFH)
<http://bit.ly/2oZKzuf>

