

## No Limits

### Social Prescription Case Study February 2019

Young person's age: 15

Young person's gender: FEMALE

Referrer: Primary Mental Health Worker - CAMHS Early Intervention Team

Initial Contact: Phone call

Other info: Previously engaged with counselling services and PRIMARY MENTAL HEALTH WORKER sessions.

#### **Vulnerabilities:**

YOUNG PERSON has low self-esteem and confidence and isolates self from others.

YOUNG PERSON often has feelings of anxiety, particularly in social situations and finds it difficult to manage emotions and feelings. In school YOUNG PERSON is attending 1-2 classes a day and the remaining out sessions out of the class room. Occasional restricted eating due to low confidence.

#### **Issues raised:**

YOUNG PERSON implements coping strategies following PRIMARY MENTAL HEALTH WORKER sessions. She wants to socialise more and connect with other YOUNG PEOPLE who she can relate to.

School is working with YOUNG PERSON and mum to support her but feels quite pressured by GCSEs etc. Mum also asked for advice regarding how school can engage YOUNG PERSON in lessons.

#### **Actions**

*Teen safehouse* – Referral made

A weekly supportive peer mentor youth group

<https://nolimitshelp.org.uk/get-help/teen-safe-house/>

*Rose Road Association* – Contacted and signposted to SENDIASS service

Providing information, advice and support to the school, YOUNG PERSON and family around improving school engagement

<https://www.southamptonsendiass.info/>

#### **Follow up:**

3-month re-assessment to be booked for May 2019. YOUNG PERSON to contact Link Worker if additional support is needed.