

# Mental Health in the Paediatric Emergency Department

**This leaflet explains more about Mental Health in the Paediatric Emergency Department. If you have any further questions, please speak to a doctor or nurse caring for you.**

## **What to expect from your visit**

While you are in ED you will be seen by a few different professionals who are here to listen to you and support you with your mental health.

**Team ED.** Team ED is based in the paediatric emergency department and is here to take care of you during your visit. The nurses wear navy scrubs and the doctors wear teal or purple scrubs. You will have been seen by one of the nurses in triage when you arrived. An ED doctor will also come and talk to you and work with the nurses to provide any medical treatment you may require. Let us know if you need anything during your visit.

**Play specialist.** We have our own play specialist in team ED who offers therapeutic support and distraction to make your visit more comfortable. Our play specialist wears a green polo shirt. If our play specialist is not available during your visit, the ED nurses will be happy to provide you with some activities.

**Psychiatric Liaison.** If you visit during the evening or during night time you may be assessed by the St George's Psychiatric Liaison team. The team specialises in mental health and works

across the hospital. Following your assessment, you may have to stay in hospital overnight or you may be discharged with a plan to keep you safe and supported at home.

**CAMHS Emergency Care Service.** CAMHS stands for Children and Adolescent Mental Health Service. This is an NHS service which supports children and young people with their mental health. You may be referred to the CAMHS Emergency Care Service during your stay. CAMHS is not based at St George's Hospital and does not work overnight so you may have to wait a few hours for your assessment but team ED will continue to take care of you during this time. Once you have been assessed, CAMHS will make a plan to support your future mental health.

**Paediatric team.** If you require continuing medical attention or an admission to hospital, you will be seen by the paediatric team. The paediatric team works on the paediatric wards and in ED and specialises in children and young people's health.

**Supervisors.** During your visit you may be supervised by an RMN (Registered Mental Health Nurse) or an HCA (Healthcare Assistant). They are there to support you and keep you safe from harm.

**Sometimes the paediatric emergency department can feel very busy and noisy but we want you to know that we are here for you and we want to make your visit as comfortable as possible.**

**We have activities available to you while you are waiting to be seen:**

- Tablet with games / mindfulness apps
- Fidgets

- Essential oils
- Games
- Films
- Xbox
- Colouring / crafts
- We may be able to charge your phone or personal device

### **Any other suggestions?**

We will do what we can to facilitate your needs. If it is not possible, we will use your ideas to improve our service for other young people.

### **Thank you for helping us to support you**

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**



**Reference:** CYPED\_PMH\_01\_LP **Published:** February 2022 **Review date:** February 2024