

Young Person's Thresholds for Professionals

We provide inclusive young person-centred therapeutic support to children and young people, aged 11-18, who are in the Central and South of Cheshire East. We offer a variety of services including counselling and wellbeing support from a range of locations across our area. We take referrals direct from young people and parents/carers with the young persons consent, rather than from third parties. Please advise them to call Visyon directly on 01260 290000 to speak with a member of the Initial Contact Team Monday to Friday. If you are unsure if a young person falls within our threshold, please discuss with us before signposting.



WE PROVIDE...

- Prevention and early help counselling and wellbeing support which is outcome focused
- Early onset and support in the Coping and Getting Help quadrants of Thrive



WE DON'T OFFER...

- A service to anyone waiting for an assessment from CYPMHS including the Mental Health Hub
- Diagnostics including neurodiversity assessments
- Family Therapy
- Couples Therapy
- IAPT/Pure CBT
- Criminal victim/offender work and Forensics including sexual abuse and assault
- Adoption support
- Complex Trauma interventions
- Pharmacology
- 1 to 1 therapeutic support at the same time as another 1 to 1 therapeutic service is being accessed

WE DON'T PROVIDE...

- Getting More Help or Getting Risk Support quadrants of Thrive
- Risk management and crisis responses
- Extensive treatment
- CBT

WE WORK WITH THE FOLLOWING PRESENTATIONS...

- Generalized and social anxiety
- Low mood, anger, low self esteem
- Self-harm (risk level assessment dependent)
- Fleeting and undeveloped suicidal ideation
- Bereavement, grief and loss
- Disordered eating pattern

WE DON'T WORK WITH THE FOLLOWING PRESENTATIONS...

- High level Anxiety - specific diagnosed (Agoraphobia/OCD) or pervasive
- Mood irregularities - pervasive depression, bipolar
- High levels of risk - associated with significant and/or escalating self-harm
- Developed suicidal ideation or intention.
- Complex Trauma – including complex grief, PTSD, Attachment Disorder
- Personality Disorders
- Psychotic Disorders
- Eating Disorders - Bulimia, Anorexia, other.

THINGS THAT INCREASE RISK

- Onset
- Frequency, intensity and duration
- Impact on daily functioning
- Lack of protective factors
- History of high-risk concerns
- ACE's