

Emotional Health and Wellbeing Service

Table 2 - Guide to presenting difficulties

Do	May do	Should not do
Common mental health difficulties that may respond to early intervention	Conditions which may respond to early intervention but require discretion	Significant levels of need /complex conditions which are not suitable for brief early intervention
Low Mood / Mild to Moderately Severe Depression	Anger difficulties	Pain management
Panic Disorder	Low self-esteem	PTSD
Panic Disorder & Agoraphobia	Mild social anxiety disorder	Bipolar Disorder
Generalised Anxiety Disorder / Worry	Some compulsive behaviours	Psychosis
Simple Phobia (but not blood, needle, vomit)	Mild health anxiety	Personality Disorders
Sleep problems	Assertiveness/interpersonal challenges (e.g., with peers)	Eating Disorders
Stress management	Self-harm is disclosed but is assessed as linked to low- mood but is not assessed as enduring and high risk in nature	Chronic depression/anxiety
Behavioural Difficulties	OCD	Established health anxiety
		Historical or current experiences of abuse or violence
		Complex interpersonal challenges
		Bereavement
		Active, enduring and significant self-harm
		Relationship problems

The table provides more information as to the type of presenting difficulties that CWP's work with.