

## Resource List - Child Mental Health Community of Practice

**Session Topic:** Depression, Self-harm & Suicidality - Screening & Assessment

**Mood & feeling questionnaire:** (Child and Parent versions) <https://devepi.duhs.duke.edu/measures/the-mood-and-feelings-questionnaire-mfq/> (Useful to get both do complete and compare. Valid from 6 – 18 years.)

**Revised Children's Anxiety and Depression Rating Scale (with sub scales)** <https://www.corc.uk.net/outcome-experience-measures/revised-childrens-anxiety-and-depression-scale-rcads/>

**Visual analogues scales for non-verbal children:** Ask children to point “how much does it get” & ask other questions such as “do you feel sad the way he does?”

**NICE Guidelines:** <https://www.nice.org.uk/guidance/ng134/resources/depression-in-children-and-young-people-identification-and-management-pdf-66141719350981>

**AACAP Guidelines:** [https://www.jaacap.org/article/S0890-8567\(09\)62053-0/fulltext](https://www.jaacap.org/article/S0890-8567(09)62053-0/fulltext)

**Ask Suicide-Screening Questions (ASQ) Website:** <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/>

**ASQ Suicide Risk Screening Tool:** [https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening\\_tool\\_asq\\_nimh\\_toolkit\\_155867.pdf](https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening_tool_asq_nimh_toolkit_155867.pdf)

**ASQ Youth Toolkit:** <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/youth-asq-toolkit#emergency>

**Brief Suicide Safety Assessment:** <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/youth-asq-toolkit#emergency>

**The Columbia Suicide project (Lighthouse):** screening and assessment tools, info cards for parents, teachers, coaches etc: <https://cssrs.columbia.edu/the-columbia-scale-c-srs/cssrs-for-communities-and-healthcare/#filter=.general-use.english>

**HOPE Suicide Prevention program:** <https://www2.health.vic.gov.au/mental-health/prevention-and-promotion/suicide-prevention-in-victoria>

**Management of Paediatric depression:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6213890/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6532464/>

**Blueice: (AU) deter self-harm App:** <https://apps.apple.com/au/app/blueice-au-deter-self-harm/id1458593605>

**Beyond Blue Safety Plan:** <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning/create-beyondnow-safety-plan>

**Beyond Blue App:** <https://apps.apple.com/au/app/youthbeyondblue-the-check-in/id881323078>

**Reach Out Safety Plan:** <https://parents.au.reachout.com/common-concerns/mental-health/things-to-try-suicide-prevention/create-a-safety-plan-with-your-teenager> (download and provide to parent to do while in waiting).

**E-Headspace:** <https://headspace.org.au/our-services/eheadspace/>

**Mood Gym:** <https://moodgym.com.au/info/about>

**Care in Mind:** <https://nwmpnhn.org.au/for-primary-care/clinical-support/careinmind-mental-health-services/>

**Head to Help:** [https://headtohelp.org.au/gclid=EAlaIQobChMI98bM8Ijr8AIVLdxMAh2IcwCgEAAYASAAEgLhoPD\\_BwE](https://headtohelp.org.au/gclid=EAlaIQobChMI98bM8Ijr8AIVLdxMAh2IcwCgEAAYASAAEgLhoPD_BwE)

**Royal Children's Hospital Mental Health Intake (Triage Team (<15 years)):** Phone: 1800 44 55 11 (Monday – Friday 9am - 5pm) or Email: [mhs.intake@rch.org.au](mailto:mhs.intake@rch.org.au) (After 5pm) No Psychiatric evaluation needed but needs routine engagement in therapy and other interventions

**Orygen Youth Health Youth Access Team (OYH YAT) (>15 years):** Phone 1800 888 320 (Monday - Friday 9am-9 pm). No Psychiatric evaluation needed but needs routine engagement in therapy and other interventions: Headspace, MH Care Plan and refer to psychologist <https://www.psychology.org.au/Find-a-Psychologist>

**Liaison Service: Child & Adolescent Mental Health Psychiatry Royal Children's Hospital.**

The service will be provided by a Consultant Psychiatrist. The service is accessed by calling **Mental Health Intake on 1800 44 55 11** or emailing [mhs.intake@rch.org.au](mailto:mhs.intake@rch.org.au).

*GPs and Paediatricians may request a secondary consultation for a patient aged 5-17 years of age with either established or suspected mental health disorders or neurodevelopmental disorders including ASD, ADHD, ID. The secondary consultant service will provide advice regarding a range of topics including diagnostic, assessment, risks, and management and referral options. Please note service is not appropriate for cases where there is an immediate risk or need for face-to-face assessment.*