

Word/Term/Definition	Description- Mental Health
Abuse	The illegal or excessive use of something that can generate damaging consequences
Acute Mental Health	Refers to mental health difficulties that are affecting the person in the here and now. Usually this includes or implies an element of risk to self or other that would require immediate attention and treatment.
Addiction	Addiction is when you become dependent on a certain substance or action (such as drugs, alcohol or gambling) and struggle to control this habit.
Anorexia Nervosa	An eating disorder where you try to control your body weight in a way that becomes obsessive or unhealthy. Symptoms may include losing weight quickly, counting calories in food, exercising too much and a fixation with body image.
Anxiety	A feeling we get that is similar to fear or worry that occurs when we are in a situation that is uncomfortable or threatening. An anxiety disorder is when you experience the symptoms of anxiety over a long period of time or in situations that are not/were not previously uncomfortable or threatening
ASD	Autism Spectrum Disorder. The spectrum includes autism and Asperger syndrome. It should be noted that ASD is not a mental illness but can increase the risk of mental illness in those with a diagnosis of ASD.
ADHD	ADHD is a disorder that can cause difficulties in paying attention, sitting still, and general impulsiveness. People with ADHD can have trouble staying concentrated, staying quiet, or thinking before they act.
Asperger Syndrome	Asperger Syndrome falls on the autism spectrum (see: Autism) and is often used in the same way as the term high-functioning autism.
Autism	Autism is a developmental disorder in which a young person has trouble understanding the world around them. This can include struggling with talking, understanding the meanings of words, making friends or dealing with changes.
Binge Eating	Binge-eating is acting on a strong urge to consume large amounts of food in one sitting, and often affects people with bulimia
Bipolar Disorder	a disorder that causes extreme changes in mood. A person with bipolar disorder may cycle between periods of being unhelpfully 'high' (gracious, euphoric, and impulsive) known as 'mania', and other periods of depression.
Body Dysmorphic Disorder	Body Dysmorphic Disorder (BDD), or body dysmorphia, is a mental health condition where a person worries about flaws they see in their appearance. These flaws are often unnoticeable to others.
Bulimia	Bulimia is a mental illness associated with eating habits. People who have bulimia tend to eat a lot of food at once (binging) and then try get rid of it quickly (purging), this could be by throwing up, using laxatives or doing a lot of exercise.
Bullying	Bullying is when a group or individual inflicts sustained physical or emotional harm on another group or individual.
CAMHS	CAMHS stands for Child and Adolescent Mental Health Services. CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.
Carer	A carer is a person who looks after someone who is struggling with a disorder, addiction, mental health problem or a disability. This could be a parent or guardian, sibling, other family member, partner or friend.
Cognitive Behaviour Therapy	Cognitive Behaviour Therapy (CBT) is a type of therapy which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour. Its aim is to teach you how to cope with problems through changing the way that you think about them.
Comorbidity	Comorbidity is when two illnesses occur at the same time- some disorders have a high rate of existing together, such as anxiety and depression.
Confidentiality	Confidentiality, when seeking professional (e.g. medical or social) help, refers to the personal information that a client provides to helping professionals must remain private and not be shared with anyone else without the consent of the client. Confidentiality can never be absolute where there are safeguarding concerns.
Connectiveness	Connectedness is a feeling of belonging and a sense of being understood and cared for. Humans are social animals and isolation and exclusion are strongly associated with mental health difficulties.
Consent	Consent means giving permission for something to happen, for example, a course of action or treatment.
Counsellors	A counsellor is a person trained to help you with personal or psychological problems. They use structured ways of listening and talking that help a person to clarify their own understanding of what has happened to them and how they have, or wish to, respond.
Cyber bullying	Cyber-bullying is bullying that takes place online. Teenagers are especially vulnerable to experiencing cyber-bullying on social media platforms.
Data Protection Act 2018	The Data Protection Act 1998 is the law regarding all personal information stored by any organisation. More recently the GDPR 2018 (General Data Protection Regulations) has superseded this.
Delusions	A delusion is a mistaken belief that is held with strong conviction even in the presence of evidence to the contrary.
Depression	Mental illness: Many people will experience feelings of unhappiness, hopelessness and anxiety, and may also experience feelings of constant tiredness, low appetite and bodily aches.
Designated Safeguarding Lead	Designated Safeguarding Lead is one term used to describe the person who has overall responsibility for managing an organisation's systems for ensuring that its safeguarding of children and vulnerable adults is fit for purpose
Early Intervention	Early intervention is when mental health problems are identified and treated in their early stage; this can reduce the impact of a disorder.
Eating Disorder	An eating disorder is when you have an unhealthy attitude or behaviour towards food, which can take over your life and make you ill.
Emotions	Emotions are the way we show how we feel inside. We might do this with words, how we look and how we behave. Experiencing both good and bad emotions is part of good mental health.
Equality Act 2010	The Equality Act is a law that states how everyone has equal opportunities and rights in society, regardless of disability, race, religion, gender or sexual orientation.
Gender Dysphoria	Gender dysphoria is when a person feels a mismatch between their biological sex and gender identity
Generalised Anxiety Disorder	Generalised Anxiety Disorder (GAD) is a long-term condition where feelings of anxiety (see: Anxiety) occur regularly and in a wide range of situations.
Hypochondria	Hypochondria describes an anxiety condition characterised by distressing worries about one's health, including a fear that professionals have missed an important diagnosis.
IAPT	IAPT stands for Improving Access to Psychological Therapies and is an NHS mental health service available to young people and adults.
Intervention	An intervention is anything that a professional or informal helper does with the intention of making a positive change to help a person who is struggling in some way. An intervention could range from a simple conversation to open-heart surgery
Key Worker	A key worker is a professional who is your main point of contact and will coordinate on your behalf with the other professionals you work with
LGBTQ	LGBTQ stands for 'Lesbian, Gay, Bisexual, Transgender and Queer', while the '+' is inclusive of any other sexuality or gender that people may identify with
Looked After Children	Looked after children is a term used to refer to children and young people who live in local authority care with either foster carers or in a residential placement.
Medication	For mental health - can include anti-depressants (pharmaceutical medication) Medication alone is very rarely a "quick fix" for mental health problems and is usually combined with talking therapy or other social interventions
Mental Health	Mental Health describes our emotional, psychological and social wellbeing. It affects our thinking, moods and behaviours

Mental Ill Health	Mental illness is when there are patterns in our mental health or behaviour that cause distress or prevent us from functioning in a healthy way.
Mindfulness	Mindfulness can help us enjoy life more and pay better attention to the world around us, especially how we interact with it through our bodies.
Neurodivergent	If someone identifies as neurodivergent, they mean that their brain functions in a way that's different to what society typically deems 'normal'.
Neurodiversity	Neurodiversity is the diversity in human brains and minds - the many natural variations in neurocognitive functioning within humans.
Neurofeedback	Neurofeedback is a type of structured brain-training exercise that helps you to learn skills and functions through practice and feedback;
Neurotypical	Neurotypical describes those whose neurocognitive functioning falls within society's typical standards of 'normal'.
Obsessive Compulsive Disorder	OCD an anxiety disorder in which people attempt to manage their anxiety by having repeating thoughts (obsessions) or performing repeated actions (compulsions) that interfere with every day life and are often in themselves distressing.
Outcomes	'Outcomes' is the word used by services to describe whether an intervention is being useful to the client or young person. A good outcome is when the intervention is helpful and a poor outcome is when it is not.
Outpatient	An outpatient is a person who receives treatment in a hospital or centre without staying the night there.
Panic Attack	A panic attack can involve shortness of breath, chest pains, dizziness and rapid heart rates. They indicate intense fear or anxiety, perhaps connected to a specific worry or circumstance, or as part of a general panic disorder.
Person Centred Care	Person-centred Care is when patients actively participate in their own medical treatment in close cooperation with the healthcare professionals, who make purposeful efforts to understand the problem from the perspective of the patient
Personal information	Personal information is information about a person such as their name, age, address, medical conditions etc. This information should be kept private under GDPR (General Data Protection Regulations) and only be accessed by those authorised to do so.
Phobia	A phobia is an extreme fear of a place, object, person or situation. The main symptom is avoidance (which might be quite extreme), exposure to the feared situation can include nausea, shaking or dizziness.
Physical Abuse	when someone causes intentional injury or trauma to someone else through bodily contact.
Post Traumatic Stress Disorder	PTSD- caused by traumatic events (such as severe injury or life threatening accidents). A person may experience poor memory flashbacks or nightmares, active avoidance and poor concentration disrupted sleep being more jumpy, being more irritable
Protective factors	Protective factors shield children from risks to their mental health and wellbeing and can decrease their chances of becoming mentally unwell.
Psychologist	These are professionals trained to use psychological assessments, treatments, and interventions to help people with mental health difficulties.
Psychosis	A psychotic episode is when a person loses touch with reality. They might hear voices, see or feel things that aren't there (hallucination), feel paranoid or believe things that don't rationally make sense (delusion)
Psychotherapy	Psychotherapy is a talking therapy that is used as a treatment for a range of mental illnesses.
Questionnaires	Questionnaires are often used by child mental health services to help children and young people understand things like their own mental health and wellbeing, the impact its having on their life or their experience of the treatment or service they receive.
Recovery	Recovery is commonly thought to mean the return to a healthy state of mind in a person who has been unwell . However, recovery is a complicated idea; recovery according to whose terms?
Rehabilitation	Rehabilitation is the process of getting yourself back to normal functioning after struggling with illness or addiction. This is done through work and therapy, usually in a specialised centre or with support from outreach services.
Risks	Risks increase the chances of mental health difficulties developing. They can be linked to differences in a child's character as well as exposure to harmful experiences, environments or events.
Safeguarding	Safeguarding refers to the responsibility of professionals to make sure you are safe.
Season Affective Disorder	is a type of depression that usually happens in the winter, and is thought to be related to the lack of sunlight.
Self harm	Self-harm involves deliberately causing harm to yourself, either by causing a physical injury, or failing to take care of yourself (such as through neglecting your health or putting yourself in dangerous situations).
Self care/self help	Self-care or self-help refers to ways in which a person can help themselves recover or maintain a good level of mental and physical health, e.g. eating healthier foods, exercising on a regular basis and avoiding drugs and alcohol.
Service User	A service user is a person that uses the advice or services of an institution, e.g. the NHS.
Sexuality	Sexuality refers to a person's sexual orientation or preference (See: LGBTQ+).
Sexual Abuse	Sexual abuse is any type of sexual contact that is unwanted. The abuser often uses violence, threat or manipulation. Nobody under the age of 16 can consent to sexual activity, therefore any sexual acts with people under that age is illegal.
Signposting	Sign-posting is when you get given information about a service or services which might be able to help.
Social Anxiety Disorder	A social phobia, is a long-lasting and overwhelming fear of social situations. For example, symptoms can include avoiding or worrying about social activities, such as meeting new people, eating in a group or going to a party.
SPA	SPA stands for single point of access, and is the part of a service which decides which department needs to look at your referral.
Stress	Stress describes the feelings we get when we are struggling to cope with a situation. Sometimes stress is a normal, healthy reaction to an external pressure, but at other times it can become overwhelming and difficult to manage. Physical symptoms of stress can include headaches, an increased heart rate, or an upset stomach.
Stigma	A stigma is usually the negative way in which society perceives something
Stimulants	A term that can apply to medicinal or recreational drugs. In a medical context, they might be prescribed to treat sleep, mood or impulse control disorders, such as ADHD. In a recreational context, they can be referred to as "uppers" and are used for a temporary lift in energy or mood.
Substance Abuse	Substance use is the use of drugs, such as alcohol or marijuana, for recreational purposes. It can lead to addiction or emotional and physical distress.
Suicide	Suicide refers to the act of taking one's life voluntarily and intentionally. It is important to avoid ever using the phrase 'commit suicide' as this implies that it is a crime which it has not been for decades now.
Therapeutic Foster Care	When foster parents are trained to provide therapeutic care for young people who may have experienced neglect or trauma, and have more complex emotional needs.
Tier 1 CAMHS	Not mental health specialists; this can include school nurses, teachers and social workers. They will be able to offer general advice and treatment for less severe problems and refer to more specialist services.
Tier 2 CAMHS	CAMHS specialists; this can include psychologists and counsellors working in community settings, such as GP practices, schools and youth services. They can offer early psychological interventions and/or consultation to families or other professionals
Tier 3 CAMHS	Provide a specialised, multi-professional, CAMH-age service for CYP with more severe and persistent disorders e.g. child and adolescent psychiatrists, social workers, therapists, and clinical psychologists- based in outpatient clinic settings.
Tier 4 CAMHS	Services for CYP who present risks that cannot be safely contained through outpatient treatment alone; inpatient psychiatric services, eating disorders units as well as other specialist intensive outreach teams.

Trauma

Trauma is a state caused by an event/series of events that overwhelms an individual and leaves them unable to process or cope with what has happened.

Wellbeing

A state of being comfortable, healthy and happy. This includes both physical and mental wellbeing which are equally important.

Wellbeing Passport

Is used by CYP .It's purpose is so you don't have to keep telling your story over and over to different professionals and agencies.