



Youth mental health in deprived urban areas: A Delphi study on the role of the GP in early intervention.

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Box 1: Areas general practice should address to identify and treat youth mental health and substance-use as decided by the expert panel.

Prevention / Health Promotion / Access

Preventative health – promoting mental health with young person, prosocial activities.

Preventative health - information provision for parents and guardians

Youth friendly practices (confidentiality, interpersonal/communication skills, increasing contact, understanding context for substance-use, parental consent obtained in advance)

Non-medicalisation at the point of entry, getting a greater understanding of the life of the young person

Assessment and Identification

How to best identify mental and substance-use disorders in young people

Mental health assessment and substance-use explored as part of holistic assessment

Which problems affect young people at different stages of development.

Knowing what is an age appropriate social role, and positive mental health behaviour in young person

How to best tackle consent issues (under and over 18 years)

Discussing bullying

Discussing sexuality

Treatment- pharmaceutical, psychological and other approaches (exercise, diet, etc).

Treatment strategies

Interaction with Other Agencies / Referral

Referral pathways (who to refer where, and when)

Inter-agency collaboration (standardisation of referral/info sharing) and inclusion

Ongoing Support

Providing information of process through healthcare to young people