

Heads Up: What the Ed's Read

October 2018: New KPPs and World Mental Health Day

I'm sorry this blog is so late, but the boiler blew up. Okay, it didn't quite blow up but it definitely packed up; packed up took away its stumps, it's cricket bat 'n ball, and left me out in the cold. No. Correction. It did *all* those things, but it left me *in* in the cold.

So, it has resulted in needless delay and an agonising wait for this month's blog at PCO UK's HQ. I suppose I could have speeded up sorting out the boiler by throwing more money at it - *and* hoped that were enough trained boiler fitters in the UK with enough empty appointment slots to sort me out, *and* hoped that they also worked in the area I live in so that I did not fall prey to some sort of dreaded Postcode Lottery – but I did not.

Now you may think I am making some veiled allusion to some aspect of healthcare, something about government funding and long-term horizon scanning, but I promise you I am not. I really, really did have a problem with my boiler. And I really am sorry about it.

So, what has the Ed read this month? ... Boiler Instructions and Home Insurance documentation.

But for those of you not in such a pickle there is lots to read about out there, including stuff on PCO UK's site.

This month happened to host [World Mental Health Day](#) on Wednesday 10 October. And of late, there has been a lot of attention given to mental health, like how inadequate or delayed provision can leave people feeling literally out in the cold. [The Independent](#) recently published an article which stated that it is estimated that a third of 15 to 18-year-olds struggle with mental health or well-being issues.

Further to this, Dr Max Davie, Officer for Health Promotion at the Royal College of Paediatrics and Child Health (RCPCH), was quoted in [Children & Young People Now](#) as Prime Minister Theresa May announced an annual review of children's mental health in England. He said:

"Half of all mental health problems are already established by the age of 14, so focusing on prevention and early intervention is vital"

"These children and young people should have timely and appropriate access to evidence-based services and treatment, with these services considered an integral part of children's healthcare in both acute and community settings."

Why not read the RCPCH's response to the Prime Minister's World Mental Health day announcement on the [RCPCH website](#).

So perhaps it is a good time to remind yourself about the presentation and management of mental health issues. You could start by reading about [Anxiety](#), [Attachment Difficulties*](#), [Depressed Mood*](#) and [Psychotic Behaviour*](#) by reading the relevant Key Practice Points, of which three are brand new(*).

If you want to know more about mental health then you could also try gravitating towards [RCPCH's MindEd](#), which provides free and practical eLearning sessions to help adults identify and understand children and young people with mental health issues whenever and wherever they are needed.