



Psychology Adding Value Electronic Screening (PAVES)

Information for children and young people with diabetes and their families

There's more to diabetes than glucose management. Children and young people with diabetes are more likely to develop a mental health problem than their peers. Psychologists are working with the diabetes team to run PAVES.

PAVES is a mental health support program for children and young people with diabetes. It aims to help families attending the clinic talk about any concerns and access support. This could include anxiety, mood, social, behavioural or learning concerns.

How PAVES works



Complete your questionnaires online before attending **your annual review appointment**.

if you have concerns about your child's mental health or wellbeing at any other time during the year, you can also complete the questionnaire before any other diabetes clinic



In your appointment, your doctor/nurse will go through the results and follow up with any issues.



If help is needed, options will be discussed. This might involve local charities, self-help materials, psychology groups, or workshops.



Try out the new strategies and supports.



Complete the questionnaire again before your next annual review (or sooner if you have concerns).

Complete the PAVES questionnaire here:

www.paves.scot.nhs.uk/diabetes



If you require urgent mental health care or are worried about self-harm/suicide, please speak to your GP as soon as you can. In an emergency you can call or attend: Mental Health Assessment Service (0131 286 8137); NHS 24 (111); Out of Hours Doctor; A&E at the Royal Hospital for Children and Young People.

Frequently Asked Questions

How do I access the questionnaire online?

Please scan the QR code on page 1 or follow this link www.paves.scot.nhs.uk/diabetes

This website cannot be searched for online. Please type the full web address into the address bar at the top of your browser and press enter. If your browser tries to auto-fill the address, only click the blue link with the NHS logo.

Why am I not able to complete the questionnaire?

PAVES support is offered to children and young people aged 5-17 years old, who are not already accessing mental health support in CAMHS or attend a specialist educational provision. This is because the questionnaire is designed to identify needs that may have gone unnoticed.

If you have wellbeing concerns but are not eligible for PAVES, please discuss these with your doctor or speciality nurse in your upcoming appointment who can recommend alternative sources of support.

What should I do if my child doesn't want to answer the questionnaire?

You can still complete the PAVES questionnaire. When you access the screening tool, you'll be given the option to answer the questions on behalf of your child/ young person.

I'm worried about my child's mental health and their safety, what should I do?

If you are concerned about your child's mental health, please speak to your GP or your child's school. If you are concerned about self-harm or suicide, please speak to your GP as soon as you can. In an emergency you can call or attend:

- Mental Health Assessment Service (0131 286 8137)
- NHS 24 (111)
- Out of Hours Doctor
- A&E at the Royal Hospital for Children and Young People.

