

# The HEADS-ED

	<b>0</b> No action needed	<b>1</b> Needs action but not immediate/moderate functional impairment	<b>2</b> Needs immediate action/severe functional impairment
<b>H</b> ome <i>Example: How does your family get along with each other?</i>	<input type="radio"/> Supportive	<input type="radio"/> Conflicts	<input type="radio"/> Chaotic / dysfunctional
<b>E</b> ducation, employment <i>Example: How is your school attendance? How are your grades? Are you working?</i>	<input type="radio"/> On track	<input type="radio"/> Grades dropping /or absenteeism	<input type="radio"/> Failing / not attending
<b>A</b> ctivities & peers <i>Example: What are your relationships like with your friends?</i>	<input type="radio"/> No change	<input type="radio"/> Reduction in activities/increased peer conflicts	<input type="radio"/> Increasingly to fully withdrawn / significant peer conflicts
<b>D</b> rugs & alcohol <i>Example: How often are you using drugs or alcohol?</i>	<input type="radio"/> None or infrequent	<input type="radio"/> Occasional	<input type="radio"/> Frequent / daily
<b>S</b> uicidality <i>Example: Do you have any thoughts of wanting to kill yourself?</i>	<input type="radio"/> No thoughts	<input type="radio"/> Ideation	<input type="radio"/> Plan or gesture
<b>E</b> motions, behaviours, thought disturbance <i>Example: How have you been feeling lately?</i>	<input type="radio"/> mildly anxious / sad / acting out	<input type="radio"/> Moderately anxious / sad / acting out	<input type="radio"/> Significantly distressed / unable to function / out of control / bizarre thoughts/significant change in functioning
<b>D</b> ischarge or current resources <i>Example: Do you have any help or are you waiting to receive help (counselling etc)?</i>	<input type="radio"/> Ongoing / well connected	<input type="radio"/> Some / not meeting needs	<input type="radio"/> None / on waitlist / non-compliant

The HEADS-ED is a screening tool and is not intended to replace clinical judgment.

**Scoring:** Items can be evaluated independently in terms of need for action. To obtain a total score, add the value of each item together. Referral for a specialized mental health assessment should be considered if the total sum score is  $\geq 8$  and the "Suicidality" item is rated as a 2. See [www.heads-ed.com](http://www.heads-ed.com) for more details.

\*Cappelli M, Gray C, Zemek R, et al. The HEADS-ED: A rapid mental health screening tool for pediatric patients in the emergency department. *Pediatrics*. 2012; 130(2):e321-7.



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