

The HEADS-ED

	0 No action needed	1 Needs action but not immediate/moderate functional impairment	2 Needs immediate action/severe functional impairment
H 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
E 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
A 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 Increasingly to fully withdrawn / significant peer conflicts
D 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
S 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
E 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
D 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 ≥ 8 and/or the "Suicidality" item is rated as a 2. See 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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