



# Trinity School

CofE VA Primary & Nursery School

## Raising concerns about a child with a mental health need

If you are concerned remember this simple model:

**Frequency:** How often is the behaviour being exhibited? Once a week? Once a day? Once every 10 minutes?

**Intensity:** How intense are the behaviours? Are they inhibiting the child? Are they overwhelming? Are they physically manifesting as well as affecting mental health?

**Duration:** How long are the behaviours lasting for? 10 minutes? An hour? A day? Is it constant?

**Onset:** When did you notice him / her start to exhibit these behaviours? Has it been a recent change or one that has emerged over time?

**Strengths:** What are you doing to help support the child? What strengths are they already accessing?

**FIDOS** – Remember the number for the CAMHS duty practitioner can be accessed by any concerned party: 0330 024 5321 this is for the SPA – Single point of access.