
Some suggestions when considering making a referral to additional services

Remember that it may be the school who is best placed to make, or support, a referral as the school may know the child and family's social and mental health needs more specifically than their GP or another practitioner.

If the school is planning to make a referral, it is most helpful to speak to the young person and their family first. If a child or young person requires support from an external service your Designated Safeguarding Lead or SENCO can advise you about this. If you need immediate advice the CAMHS helpline can offer this.

Remember though, that often the lower key support you can offer a child or young person within the school setting may be the most helpful thing for them in both the short and longer term. Research consistently emphasises the massive difference that a supportive school environment can make to children's mental health (Hart, Blincow & Thomas 2007; Hart & Heaver 2015).