

What is an Early Help Assessment?

The Early Help Assessment involves listening to you to find out what help you need, and what is working well in your life.

An action plan is then put together with you to make sure you get the right sort of help. The Early Help Assessment is there to help you but, if you don't want to take part in The Early Help Assessment you don't have to – it really is up to you.

The Early Help Assessment is a way of making sure you get the right help as soon as possible.

Early Help Assessment – Signs of Well-being



A message for children and young people

Sometimes you may need help or extra support to sort out a problem.
You don't need to feel alone.

How will The Early Help Assessment help me?

The Early Help Assessment will help to work out what support you might need. This could be a learning mentor for help with school-work, or drugs worker for help with a drugs problem. If your mum, dad or carer needs help to look after you, the Early Help Assessment can also support them.

The Early Help Assessment means talking to people who know you, like nurses and teachers. If they can all talk together, they can find the best support for you early on, before any problems become bigger.

As The Early Help Assessment is shared by your workers you will only have to tell your story once, rather than lots of times to different people!



How does it work?

If you agree, someone who knows you will arrange a time to talk to you and listen to what you think would be helpful. For example, this person could be a school nurse or an Inspira Personal Adviser. They will write down what is talked about on a form and give you a copy of the form. Then, if you agree, all the people who can help you will work together to give you the support you need.

Who will have information about me?

As a rule the information on your Early Help Assessment will not be shared with anyone else unless you agree. But there may be times when the people working with you need to do so. Your parents may need to be involved.

For example:

- When they need to find out urgently if you or someone else is at risk of harm;
- To help you or someone else who is at risk of harm;
- To help stop a crime.

How will I know who is doing what and when?

If there are lots of people helping you, one of these people will be your 'co-ordinator'.

This person will tell you what is happening, listen to any worries and support you. This person will also support the people who are helping you.

You can have a say in who will be your co-ordinator.

