



MENTAL HEALTH RISK ASSESSEMENT

School need to create their own based around the same template as a physical risk assessment.

look at the things that are specifically difficult for that child, like:

going into school

- Is it's too busy and socially unstructured in the morning.
- Does the child need to go in a little earlier or later to miss this stressful time.

Sitting in class

- where they sit
- Who they sit next to
- Is something different in the class?

key worker

- Do they know who to go to if not they are not coping?
- How do they access this help
- If that person isn't in who will it be instead

General

- That the child wears a sunflower lanyard if you feel some staff are not taking into account their extra needs.
- That all staff are notified of the things that are being put in place.
- Have they got access to a quiet place?
- Does the child follow rules and guidance? Are they being explained everything at a level they understand.

Add any of your own things specific for your child.

Literally write a list of things that may cause your child stress or triggers their anxiety and sit with the school and write solutions for them.

Maybe set it out as:

- 1) transition/situation/part of day
- 2) known stress/anxiety triggers
- 3) potential stress/anxiety triggers
- 4) ways to reduce/remove triggers