

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, etc

**key worker**

-Do they know who to go to if note coping

-How do they access this help

**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

-Dose the child follow the distancing rules and guidance? Are they being explained everything at a level they understand.

*Add any of your own things specific for Lucia*

*Literally write a list of things that may cause Lucia stress or triggers her 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