



Schools and Colleges Early Support Service

Referral guidance

Reason for referral:

It is important to include sufficient information, specific to each young person, on the referral form. Please see an example of the type of detail required below. Please also refer to the threshold document when completing referrals.

Prompts for key things to include:

- Specific mental health needs/concerns
- Impact
- Current/previous support
- Young person's hopes and expectations
- Other triggers/contextual factor

Alina has been struggling with **anxiety**, especially over the last 3 months. She has been struggling with **lots of worries, about schoolwork and exams** that are **affecting her concentration**. At times in some lessons, she has had to leave due to **feelings of panic**. She has also **stopped attending her extracurricular classes** and appears **visibly upset and withdrawn from her peers**.

She previously (last term) **met with the ELSA** at school to discuss some helpful coping strategies during lessons, and still meets with her when needed, but the worries are now having a bigger impact and she **would like to access 1:1 support**. She would like to develop some practical strategies to manage her worries and feeling stressed.

Alina also lost her grandmother last year and this has been difficult for her and her family.