

You can use the questions below as a checklist when talking to professionals. Tick or write notes as you go.

## Education

- Does my child have an EHCP?
- Does it fully reflect their behavioural, emotional, and learning needs?
- Has the EHCP been reviewed recently?
- Is the school following the plan?
- Has an emergency annual review been requested?

## Health

- Is my child known to CAMHS?
- If not, why not? Has a referral been made?
- Is there a paediatrician or specialist involved?
- Have medications been reviewed recently?
- Has crisis mental health support been accessed?

## Social Care

- Does my child have a social worker?
- Has a needs assessment been completed?
- Is respite or short breaks support in place?
- Is the wider family receiving any support?

## Crisis Action

- Have I recorded incidents and triggers?
- Do professionals have copies of these?
- Who is my key contact (school SENCO, social worker, health professional)?
- Do I know how to contact an out-of-hours service if crisis happens again?