All About Me – supporting our children and young people’s social, emotional and mental health.

These documents have been coproduced to support children and young people’s Social, Emotional, Mental Health (SEMH) needs and all those who work with them.

* The **All About Me Profile and Profile Guidance** which allows children and young people to outline what they need to help them feel included and comfortable accessing our services, activities, appointments and sessions. It is for ANY child with ANY level of need, not just those with SEND needs.

We want to make sure this Profile is owned by and grows with the child and young person and that all those working with them have sight and access to it, so we can make the reasonable adjustments needed.

The Profile can be used to support many di Transition, new settings, appointments, new activities, when there is a supply teacher in, an EHCP or Family Help Assessment etc.

* The **‘How Can I Help? SEMH Guide for professionals’** is a 10 minute read for **ALL** those working with children and young people in whatever capacity (i.e GP’s, sports coaches, School staff etc) to understand more about SEMH, what triggers there are, how a child or young person may behave and respond as a result of their SEMH needs.

ThIs includes making sure know and make the reasonable adjustments to help ensure our services and activities are as inclusive and accessible as possible (as per the SEND code of practice)

As these have been requested and developed with children and families, we want to make sure they are used and embedded across the system, meeting children and young people’s SEMH needs to make their journey as positive as possible.