

## What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says ‘needs based grouping’. Needs based groupings are a way to categorise mental health need, and we use this to describe the type of help or support that you have chosen based on the conversations you will have had during your assessment(s). Below is a guide on what each of the needs based groupings mean for children, young people and their families.



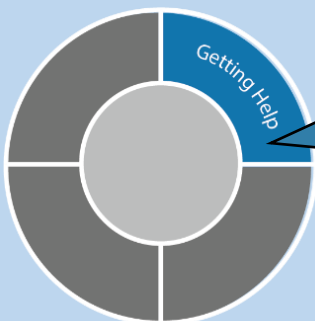
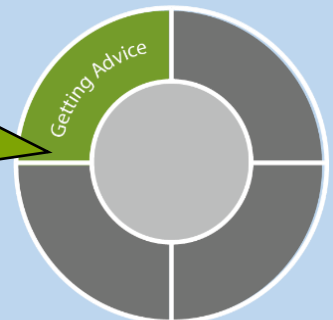
The five needs based groupings



**Thriving** means: “Everybody is working together to keep me, my friends and family, and our community, emotionally healthy. I know how to make active choices to support my health and wellbeing.”



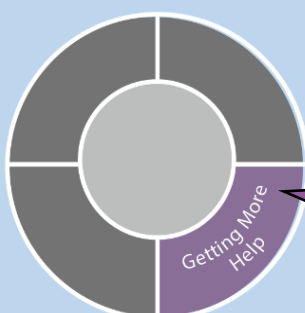
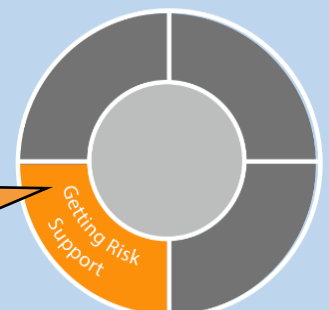
**Getting Advice and Signposting** means: “I may come up against or experience some difficult times, I feel supported to know who/where to go to get information or advice and can make a choice about the best way to improve my wellbeing.”



**Getting Help** means: “I may need help, e.g. talking to a professional(S) to improve my wellbeing and/or mental health. Together we set clear goals to work towards, and review my progress to check that the help is making a difference. We have a plan in place if things do not help.”



**Getting Risk Support** means: “This may be a worrying time for me and those around me. There might be long standing difficulties that haven’t improved, or the help that I am being offered doesn’t feel right. Those around me are working together to keep me safe.”



**Getting More Help** means: “I may need more ‘specialist’ help from professionals to improve my wellbeing. Together we set clear goals to work towards, and review my progress to check that the help is making a difference. We have a plan in place if things do not help.”