

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS



NOTICE

...changes in mood and behaviour that may indicate a child or young person is having difficulties managing emotional distress



INQUIRE

...sensitively and competently about the child or young person's circumstances



PLAN

...appropriate first steps and possible referrals within or outside school setting to support the child or young person

NIP IT IN THE BUDI



SYSTEM OF CARE MAP (VIC)

SAFEMinds is a partnership between:



headspace
National Youth Mental Health Foundation



Education and Training

SAFEMinds aims to empower school staff to identify students experiencing emotional distress and make consistent evidence-based decisions around early intervention strategies and appropriate referrals to key youth and mental health services. The *System of Care Map* depicts the breadth of the system of mental health care and support for children and young people in Victoria at a macro level. It lists services available within schools and through external providers; and is divided into four tiers: Tier 1, Tier 2, Tier 3 and Emergency Services.

TIER 1 services are most accessible and often the first places many young people and families or carers turn to for help. **Tier 1 services provide a firstline of response.**

An important role of Tier 1 services is also to identify when a child or young person needs more specialist mental health care, and to make the appropriate referrals or ask for specialist advice or support.

TIER 2 professionals have specific expertise and skills in children's and young people's mental health.

TIER 3 services provide specialist mental health services for those children and young people who have complex and severe mental health problems, and/or who are at high risk of harm.

