

# 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

...sensitive 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 BUD!



## SYSTEM OF CARE MAP (VIC)

SAFEMinds is a partnership between:



**headspace**  
National Youth Mental Health Foundation



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.

