


# I-Reach Information

Mental Health Support Service

## What do I-Reach do?



I-Reach is a low-intensity/ early intervention service for mental health. This means they aim to provide support when difficulties first emerge to help children develop skills so that hopefully these difficulties do not escalate and can be managed through practical strategies. The support is suitable for those experiencing emerging signs of anxiety or low mood (phobias may also be worked with).

## How does my child get support from I-Reach?


Speaking to a head of year will be your first point of call and they can discuss this with key staff who are able to refer in.

Following a referral (if it is accepted by the duty team, who will call you) a three part assessment will take place: A parent assessment, a classroom observation and a child assessment.

An assessment does not guarantee an intervention will be offered for you or your child. If after assessment i-Reach does not seem the appropriate support then we will signpost to other services or routes of support.

Key Staff:  
Ms F Henn  
Ms L O'Kane  
HoY

## How do sessions work?



The interventions usually last 6-8 sessions after assessment. The sessions are CBT informed, meaning that sessions are goal orientated and geared towards understanding difficulties and developing practical strategies to aid in managing them. It is not a counselling service. Child sessions will take place in school, and your child would be given home tasks which you can support with.

## What else do I need to know about I-Reach?

i-Reach is an NHS service so involvement is linked with your child's health record and we require your consent for a referral. i-Reach comes under the umbrella of CAMHS as a service for children, however we are a different offer than core CAMHS and we are not cannot offer assessments linked with them such as ADHD or Autism assessment.

