

questions and generally get involved to ensure that using the assessment gets the best possible results for you and your family.

### Who will see my information?

You decide which services are allowed to see your information – these will be the services you have agreed to help you, e.g., school, health services etc.

You can ask to see your assessment form at any time and get a copy of it for your own records.

The only time we will share your information without your consent is:

- if you or someone else is at risk of harm or
- to prevent or detect a serious crime.

### Keep in touch

You are encouraged to stay in touch with your Lead Professional, ask them any questions you have and tell them about any changes in your situation.



**Central  
Bedfordshire**



## The Early Help Assessment Form Information for children and young people

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# What is an Early Help Assessment?

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**The Early Help Assessment (EHA) is a way of bringing together appropriate and relevant services to ensure children, young people and their families get the help and support they need.**

If you are a child or young person, this will be an opportunity to have a chat with someone who works with you, to talk about what is going well in life for you and if there is any extra support you might need.

This will be recorded on to the EHA form. You will get a copy and then decide who else can see it. You will only need to tell your story once, rather than to lots of people.



A 'lead professional' may be identified and this person will ensure that the work is done and will keep you in touch with what is happening.



## **Can a young person have an assessment without their parents/carers?**

If you are completing an Assessment but you don't want your parents or carers to know, your views and wishes will be taken into account.

## **What if I start an assessment and then change my mind?**

The assessment is voluntary – it exists to help you. If at any time, you change your mind and no longer want to carry on with it, then the assessment will be closed.

## **What do I have to do?**

Help us to help you. The assessment relies on everyone keeping their word and doing what has been agreed. For this to work well – you should try to keep appointments that are made for you, be open and honest about your situation, ask