



Special Educational Needs and Disabilities:
Mental Health and Emotional Wellbeing Deep Dive
Easy Read



We need to understand children with special educational needs better



Inspectors said that Leaders in Cumbria **do not** understand what children with special educational needs need in order to keep them happy.



This document shows what we know about what children (0-25 years) with special educational needs need in order to keep them happy.

What do we know about the mental health of children with special educational needs?



We have some information from the mental health services that children go to, but not enough information to make services better.



The information we have from mental health services is not always about children with special educational needs.



Most children with Education Health and Care Plans have a plan to help them with their autism.



Lots of children with Education Health and Care Plans have a plan to help with their mental health.



Parents and carers have told us that their experience of mental health services is poor.



Parents and carers have told us that services are confusing and it takes a long time to get help.



Parents and carers have told us that the help given from services is sometimes not enough.



Parents and carers have told us that they need help with children who have autism and no learning disability.



Parents and carers have told us that they need help with children who hurt other people or themselves when they are upset.



Parents and carers have told us that professionals do not work well together with parents and carers as a team.



Children have told us that people who help them to stay healthy and happy know what they need and listen to them.



Children have told us that if they were not bullied or teased, then they would be happier.

What happens next?



We will keep understanding what makes children and families happy.



We will use this information to make services better for children so that they are happier and healthier.