# span.toolkit

identifying support needs
clinical tool

This tool supports shared understanding of what affects wellbeing, capacity, and support needs. It can be used during intake, early engagement, or ongoing work, and updated over time.

Please note: This tool is optional and can be completed in part or in full. You can choose not to answer any questions. Information can be updated as needs or circumstances change.
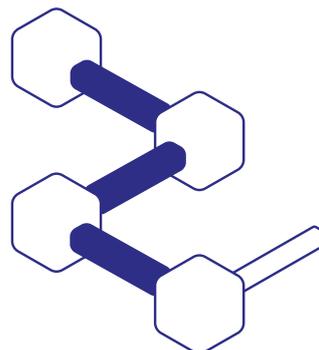
Current priorities for support

What feels most difficult or overwhelming right now?

What would you most like support with at the moment?

☐ I need help identifying these

What helps? What makes things harder?

Things that usually help me cope or feel more settled:

Things that tend to make things harder or increase distress:

☐ I need help identifying these

Early signs of distress or overload

This section helps identify early signs that things may be becoming harder, before a crisis point.

Signs I notice in myself when I am becoming overwhelmed:

Signs others might notice first:

☐ I need help identifying these

Changes in capacity

Individual capacity can change depending on context, environment, or other factors.

Situations or times when things are usually harder for me:

Situations or times when things are usually easier for me:

When my capacity is low, it helps if others understand that:

☐ I need help identifying these

Anything else that affects my wellbeing or support needs: