

## Support for families of children with neurodevelopmental differences/additional needs in Waveney

This information sheet is for families who are worried about autism/ADHD/additional needs. The services below are here to support you on your journey. Please reach out to them for help.

Although a clinical assessment for neurodevelopmental differences such as autism or ADHD is helpful for some families, a diagnosis is not required to access [SEND support](#). It is important to remember that having a name for your child's condition does not change who they are. It is helpful to think about what goals you and they are aiming for so that you can access the support available to help achieve these goals.

### General advice and support

- [Just One Norfolk](#) is the 'go to' health website for Norfolk and Waveney families and includes a range of information and support for families to access including sleep issues, parent, and child emotional health. Telephone 0300 300 0123
- [Ambitious About Autism guide to autism in the early years](#) provides guidance and practical support about autism for families of children under 5 years old.

### Support for my child/ young person in school

- Speak to your child's school Special Educational Needs Coordinator (SENCO).
- Review the [Suffolk County Council SEND Local Offer](#)
- Look at the [advice pack developed for schools and professionals](#).
- [ADHD Foundation](#) resources for schools and families

### Support for myself and my family

- Look at [Suffolk SENDIASS](#) for free impartial advice about SEND for children, young people, parents and carers.
- [Positive Behaviour Support \(PBS\)](#) online course offers some practical strategies to help you support your child in a positive way.
- [Suffolk Parent Carer Forum](#) for mutual support and advice.
- [Norfolk and Suffolk SEND association \(Nansa\)](#) provides support and activities for children, young people, adults and families.
- [Recovery College](#) provides free online training about autism for adults.
- [ASD Helping Hands](#) provides workshops, activity days and residential breaks for children, young people and their families
- [Autism Anglia Suffolk Support Groups](#) provides links to support and activity groups for children and young people
- [Suffolk Carers Matter](#) specialise in supporting young carers and their families.
- [Autism Central](#) provides resources, online drop in and support for families.
- [The Source \(Suffolk\)](#) Information, advice and sources of support for young people aged 12–25 years in Suffolk.
- [PDA Society](#) pathological demand avoidance resources for families

### Support for my child/ young person with sleep difficulties

- [nansa sleep service](#) for families of children with SEND experiencing sleep difficulties

### Support for my child/ young person with mental health difficulties

- [Just One Norfolk mental health support](#). All referrals for mild to moderate mental health support for 0-25 year olds are processed by Just One Number. Self-referral is available. The team will then allocate to the most appropriate service and update you.
- [Suffolk Parent and Carers Together \(PACT\)](#) is a support group for parents and carers of children and young people with mental health issues
- [Discovery College](#) offers free educational online courses and webinars on mental health topics for 16 - 25 year olds.
- [Childline](#) - call 0800 1111.
- [Papyrus](#) - prevention of young suicide
- [Samaritans](#) - call 116 123
- [This May Help](#) - advice for supporting your child's mental health.

### Support for my child/young person in mental health crisis

- [NHS 111 Mental Health Option](#) - 24 hour urgent mental health support. Dial 111 and select option 2.
- [SHOUT 24 hour crisis text service for mental health](#) - Text "shout" to 85258 for urgent mental health support.

**If at serious risk of imminent harm** dial 999 or attend nearest Accident and Emergency department.

### Information about the neurodevelopmental condition assessment pathway

- See the [Suffolk County Council Neurodevelopmental pathway](#) for advice for parents seeking assessments for neurodevelopmental conditions.
- [Family Action](#) provide a support service for both parents of children and young people in Norfolk and Waveney who are awaiting assessment by the Neurodevelopmental Service or who have been diagnosed with ASD or ADHD. Parents can access workshops, support groups, courses and individual support and advice in matters relating to their child's needs.

### Support with Education Health and Care Plan processes

- [EHCP guidance Suffolk County Council](#)
- [Suffolk SENDIASS](#) provide free impartial information, advice and support about SEND for children, young people, parents and carers. They also provide a support line and training for parents and professionals.