

Sussex CAMHS NDP Resource pack

Online support and help

Living with ADHD is a website which supports teenagers who have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and provides information for parents, carer and teachers of someone who has the condition. The site provides answers to common questions around challenges and concerns that may arise. www.livingwithadhd.co.uk

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They provide knowledge to parents and young people through their 'Parents' Helpline. They also provide online resources, training and development, outreach work and publications. Visit: www.youngminds.org.uk/find-help/conditions/adhd-and-mental-health/

For an **ADHD Resource Guide**, visit: www.healthline.com/health/adhd/resource-guide

And Next Comes L www.andnextcomesl.com

Free resources and tips for autism.

Addiss.co.uk is a registered charity providing information and resources about ADHD for parents, young people, teachers and health professionals; includes details of their resources, conferences and training. ADDISS also hold conferences for parents and professionals throughout the country they can be contacted at: ADDISS, 10 Station Road, Mill Hill, London NW7 2JE and by phone on 02089 060 354 or by email: conference@addiss.co.uk

Healthy Place promotes awareness to Attention Deficit Hyperactivity Disorder and provides information and practical help to both adults and children with ADD/ADHD, and their families in the UK. Visit: www.healthyplace.com/adhd/articles/addersorg-homepage

Parents may wish to be aware of **Well at School**, this website provides advice on supporting pupils with ADHD at school. Whilst school are very supportive of students of ADHD, it often falls to parents to ensure that the school is aware of strategies for children with ADHD in school settings. Visit: www.wellatschool.org

mindEd provides parents the knowledge to support their children's wellbeing, help in understanding how to identify a child at risk of a mental health condition, confidence to act on their concern and, if needed, signpost to services. www.mindEd.org.uk

General support and help

NHS 111

Tel: 111

<https://111.nhs.uk/>

Mind

Tel: 0300 123 3393 or text 86463

Samaritans

Tel: 116123 (free)

Child line

Tel: 0800 1111 (free)

The Challenging Behaviour Foundation

<https://www.challengingbehaviour.org.uk/>

Information and guidance about challenging behaviour and connected issues.

Papyrus HOPELineUK

Tel: 0800 068 4141

Monday-Friday 10am-5pm and 7pm-10pm, Saturday and Sunday 2pm-5pm

Website: www.papyrus-uk.org

The Mix

Helpline: 0808 808 4994

Website: www.themix.org.uk

Bullying UK Helpline

Tel: 0808 800 2222

Website: www.bullying.co.uk

YoungMinds Parent Helpline

Tel: 0808 802 5544

Website: www.minded.org.uk/families

Family line

Tel: 0808 800 2222 Non mental health specific support for parents

Website: www.familyline.org.uk

Open for Parents <https://www.openforparents.org.uk/>

Support for parents around their child's behaviour, development, emotional wellbeing and building positive relationships.

YoungMinds Crisis Messenger

Text: YM to 85258

Provides free 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text and you will be connected to a trained volunteer in less than 5mins.

Sussex Mental Health line (for 16 years +)

Tel: 0300 500 101

A telephone service offering support and information to anyone experiencing mental health problems.

Brighton and Hove and East Sussex - Monday-Friday 5pm-9am, 24 hours at weekends and Bank Holidays; West Sussex - 24 hours a day, 7 days a week

Amaze Peer Support Befriending Service

Amaze offer a Face 2 Face befriending service to families in Sussex, for support around their young person's diagnosis or new challenges. It is delivered by volunteers of parents of young people with additional needs, who undergo intensive training to support others. Eligible parents will be matched to a befriender who can support them for up to six months, through a range of means (phone, text, email, visits).

Email: marie@amazesussex.org.uk **Tel:** 07484 051755

www.amazesussex.org.uk/parent-carers/services-and-support/face-2-face-befriending/

National Autistic Society (NAS)

The NAS is the UK's leading organisation for people on the autistic spectrum and their carers. Its aim is to champion the rights and interests of all people with ASC and to provide individuals with ASC and their families with help, support and services that they can access, trust and rely upon and which make a positive difference to their lives. The website has a wealth of information for people with ASC, their families and professionals. This includes: definitions of ASC, information sheets on a variety of topics, and personal accounts by people with ASC, their parents and siblings.

Address: 393 City Road, London, EC1V1NG

www.autism.org.uk

Email: nas@nas.org.uk **Telephone:** 0207 833 2299

Ambitious About Autism

Ambitious about Autism are a national charity for autistic children and young people. They raise awareness and understanding, campaigning for change, and to make the ordinary possible for autistic young people to thrive. They also provide specialist education services and an employment program.

www.ambitiousaboutautism.org.uk

Email: info@ambitiousaboutautism.org.uk **Tel:** 020 8815 5444

SOS SEN

SOS SEN is an independent telephone helpline for parents and others looking for information and advice about Special Educational Needs and Disability (SEND). Support is centred on the legal and procedural processes that are associated with finding provision for children with SEN. SOS SEN also run workshops, provide walk-in advice centres across the UK, and 1:1 sessions for families.

www.sossen.org.uk

Tel: 0208 538 3731 **Helpline:** 0300 302 3731

Research Autism

Research Autism is the only charity in the UK that is dedicated to research into interventions in ASC. Their website is aimed at anyone with an interest in research into ASC; including people with ASC, parents and carers, service providers, policy makers and professionals

www.researchautism.net

The Curly Hair Project

The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe.

www.thegirlwiththecurlyhair.co.uk

Young Minds

Generic advice and help on how autism can affect mental health.

For Young People: <https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/>

For Parents/Guardians: <https://www.youngminds.org.uk/parent/a-z-guide/autism-and-mental-health/>

Local support and help

EAST SUSSEX

East Sussex Local Offer

The East Sussex Local Offer provides information about what support is available for children and young people with Special Educational Needs and Disabilities (SEND), and for their families.

<https://localoffer.eastsussex.gov.uk/>

Amaze

Amaze is a charity that gives information, advice and support to families of young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex. They support young people with SEND up to 25. They offer workshops and courses, an advice line, and a **befriending service**.

www.amazesussex.org.uk

Email: info@amazesussex.org.uk

SENDIASS Advice Line: 01273 772289

SENDIASS Advice Email: sendiass@amazesussex.org.uk

Communication, Learning and Autism Support Service (CLASS)

[ISEND Services - Communication, Learning and Autism Support Service \(CLASS\) -](#)

[What is CLASS? - Czone \(eastsussex.gov.uk\)](#)

Support, training and guidance to schools & families of children with special educational needs. **Email:** CLASS@eastsussex.gov.uk;

Tel: 01273 336887

IPSEA <https://www.ipsea.org.uk/>

Independent Provider of Special Educational Advice for children aged 16-25. Information, advice and support around education for young people & children with special education needs (SEND). **Tel:** 0300 222 5899

iRock www.sussexcamhs.nhs.uk/our-services/service-finder/i-rock

Service for 14-25-year olds, based at three different sites across East Sussex, offering advice and support for emotional and mental wellbeing, employment, education and housing.

WEST SUSSEX

Reaching Families

Reaching Families is a parent-carer led charity which aims to support parents and families of young people with special educational needs and disabilities in their daily lives. They offer various online resources, training courses, and a befriending service for parents of children undergoing diagnosis. They also offer Parent Support Groups across West Sussex, and an online Facebook support group.

www.reachingfamilies.org.uk

Tel: 01903 366360

Email: admin@reachingfamilies.org.uk

West Sussex Mind

Mind are an independent local mental health charity working in West Sussex. They offer mental health services, along with associated training and support. They work in communities to raise awareness and challenge stigma and discrimination. Their services support young people, adults, older adults, carers and families affected by mental health problems.

www.westsussexmind.org

Email: info@westsussexmind.org

Help Point: 0300 028 8888

Email Help Point: helppoint@westsussexmind.org

West Sussex County Council – Local Offer (0-25 years)

To find **local** services specialising in educational needs, ASD, education etc.

<https://westsussex.local-offer.org/>

West Sussex Parent Carer Forum (0-25 years)

An independent charity run by parent volunteers who provide advice and support to parents/carers through training, conferences and roadshows to empower parents/carers when working with practitioners. They also provide holistic information and signpost to relevant services including health, education, social care and voluntary organisations.

Tel: 01903 726188

Email: office@wspcf.org.uk

Website: www.wspcf.org.uk

ASPENS

ASPENS help children, young people and adults with a range of disabilities and those on the autism spectrum through the provision of highly personalised support. Please note that there is a charge for some of their services.

www.aspens.org.uk

Carers Support West Sussex

Offers support and information to all carers in West Sussex, aiming to help put carers in touch with local support and services.

Tel: 0300 028 8888

Website: www.westsussexcarers.org.uk

SEND IAS (Formerly Parent Partnership) (website link via Local Offer website)

A Special Educational Needs and Disabilities Information, Advice and Support Service. They provide confidential and impartial information, advice and support on issues related to Special Educational Needs and Disability (SEND) and Education Health Care Plans.

Email: send.ias@westsussex.gov.uk

Tel: 0330 222 8555

BRIGHTON & HOVE

Amaze

Amaze is a charity that gives information, advice and support to families of young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex. They support young people with SEND up to 25. They offer workshops and courses, an advice line, and a befriending service.

www.amazesussex.org.uk

Tel: 01273 234 020

Email: info@amazesussex.org.uk

SENDIASS Advice Line: 01273 772289

SENDIASS Advice Email: sendiass@amazesussex.org.uk

Aspens – (formerly Autism Sussex)

Aspens provide care and support to people with autism and learning disabilities. They provide support in Brighton and Hove, including community outreach, day services, young people's groups, family support, and a helpline service. They also have a **live chat** offering support for parents and carers of someone with autism.

www.Aspens.org.uk

Tel: 01892 822 168

Email: enquiries@aspens.org.uk

Assert

Assert are a charity located in Brighton & Hove supporting people with autism and their parents and carers. They provide advice, information, resources, volunteering opportunities and support to improve well-being and reduce isolation. They have a

monthly support group for parents and carers, and social events and activities. Some of their services are only for autistic adults so make sure to check beforehand.

www.AssertBH.org.uk

Tel: 01273 234850 / 01273 234853

Email: assert.bh@assertbh.org.uk

Autism Spectrum Condition Support Service (ASCSS)

The ASCSS is part of the council's education services as an outreach service for pupils with ASC in mainstream schools. They offer a parent support group regularly in Portslade.

www.brighton-hove.gov.uk/special-educational-needs-and-disabilities/ascss-parent-support-group

Parent Line: 0757 876 8441

mASCot

A parent led peer to peer support network for families who have an autistic child/children or young person. mASCot brings families together and enables them to connect with others in similar situations as themselves.

Email: info@asc.mascot.com

<https://asc-mascot.com/contact-usm>

Parent Carer Forum

A parent lead forum, which represents parent and carers for children/young people up to the age of 25 with disabilities and additional needs in Brighton and Hove

Email: admin@paccbrighton.org.uk

www.paccbrighton.org.uk

Portslade Parent Group

A group for parents whose children attend Hillpark special school or parent carers who live in the Hove, Portslade, and Mile Oak area. It meets once a month.

Email: marie@amazesussex.org.uk

Amaze: www.amazesussex.org.uk/parent-carers/services-and-support/face-2-face-befriending/