

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

This information sheet is for families of children with known or suspected autism/ADHD/additional needs. The services below are here to support you on your journey. Please reach out for help.

Although a clinical assessment for autism or ADHD is helpful for some families, a diagnosis is not required to access [SEN 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.
- [FYI - For Your Information](#) help, advice and information for 11 to 24 years olds in Norfolk

Support for my child/ young person in school

- Speak to your child's school Special Educational Needs Coordinator (SENCO).
- Review the [SEND \(special educational need and/or disability\) Local Offer information](#).

Support for myself and my family

- [Norfolk SENDIASS](#) offer free impartial advice about special educational needs
- [Positive Behaviour Strategies \(PBS\)](#) online course offers some practical strategies.
- [Family Voice Norfolk parent carer forum](#) support for parents/carers of children with SEND
- [Norfolk and Norwich SEND association \(nansa\)](#) support and activities for families.
- [ASD Helping Hands](#) workshops, activity days and residential breaks for families.
- [Autism Anglia Norfolk Support Groups](#) provides support and activity groups for families
- [Carers Matter Norfolk Parent Carer Service](#) offers practical support for parent carers.
- [Autism Central](#) provides resources, online drop in and support for families.
- [PDA Society](#) pathological demand avoidance resources for families.

Support for my child with sleep difficulties

[NANSA sleep service](#) for families of children with SEND experiencing sleep difficulties.



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Support for my child/ young person with mental health difficulties

- [Just One Number](#) Access to mental health advice and support. All requests for mental health support for 0-25 year olds across Norfolk (excluding crisis) are processed by Just One Number. The team review all the information outlined in the request and support children, young people and their families access a range of options to improve their mental health and wellbeing.
- [Recovery College](#) provides free online courses to support mental health recovery
- [This May Help](#) - advice for supporting your child's mental health.
- [Childline](#) - call 0800 1111
- [Samaritans](#) - call 116 123 or email jo@samaritans.org
- [Home](#) - Kooth - free and anonymous mental health support for anyone aged 13+

Support for my child/young person in mental health crisis

- [NHS 111 Mental Health Option](#) – 24/7 urgent mental health support. Call 111 then option 2
- [SHOUT 24 hour crisis text service for young people](#) - Text "shout" to 85258

If at serious risk of imminent harm call 999 or attend nearest Accident and Emergency

Information about the neurodevelopmental condition assessment pathway

- [Norfolk County Council Local Offer](#) website for advice for parents seeking assessments for neurodevelopmental conditions.
- [Family Action Autism/ADHD support service](#) for families of children in Norfolk and Suffolk awaiting assessment or who have been diagnosed with ASD or ADHD

Support with Education Health and Care Plan processes

- [Education, health and care plans \(EHCP\) guidance Norfolk County Council.](#)
- [Norfolk SEN network](#) helping families access special needs education
- [Norfolk SENDIASS](#) provide EHCP resources, SEND advice clinic and SEND training.



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