

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

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 neurodevelopmental differences such as 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 your child 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.
- [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](#)

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 Strategies \(PBS\)](#) 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.
- [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 Resource Hub](#) provides links to support and activity groups for families
- [Suffolk Family Carers](#) 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](#) provides expert resources on pathological demand avoidance

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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 Number](#) self-referral for mental health support in Lowestoft and Waveney
- [Emotional Wellbeing Hub-East and West Suffolk](#) self-referral for mental health support
- [Suffolk Parent and Carers Together \(PACT\)](#) is a support group for parents and carers of children and young people with mental health issues
- [Home - Kooth](#) online counselling and wellbeing support for anyone aged 13+
- [Childline](#) – free and confidential support for anyone under 19 years - call 0800 1111
- [Samaritans](#) – listening service for all ages- 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](#) – 24/7 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

- [Neurodevelopmental assessment pathway](#) for advice to /carers seeking assessment
- [NHS Right To Choose Neurodevelopmental Assessment Services](#) information
- [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 (EHCP) processes

- [Education Health and Care Plan Support Suffolk County Council](#)
- [Suffolk SENDIASS](#) provide EHCP resources for families

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