

# Mental Health Support Team

SEN - More support & information



## SEN and additional support.

We have gathered a list of organisations and resources which may be helpful for you.

### **ADHD**     *Attention Deficit Hyperactivity Disorder*

The UK ADHD Partnership	<a href="http://www.ukadhd.com">www.ukadhd.com</a>	National support groups links all on one page
ADHD Solutions	<a href="http://www.adhdsolutions.org/">http://www.adhdsolutions.org/</a>	We provide help, support, family coaching and resources for children, young people and adults affected by ADHD and their families.
ADHD Information Services	<a href="http://www.addiss.co.uk/">http://www.addiss.co.uk/</a>	National information and support service
ADHD Foundation	<a href="https://www.adhdfoundation.org.uk/">https://www.adhdfoundation.org.uk/</a>	Charity provides training for professionals and resources for families
ADHD videos	<a href="https://www.canddid.nhs.uk/adhd">https://www.canddid.nhs.uk/adhd</a>	

### **ASC / ASD**     *Autistic Spectrum Condition / Disorder*

Autism East Midlands	<a href="http://www.autismeastmidlands.org.uk">www.autismeastmidlands.org.uk</a>	Support for children with ASD and their families
Autistic Nottingham	<a href="https://autisticnottingham.org/">https://autisticnottingham.org/</a>	Support for ASD over 18s
Ambitious about Autism	<a href="http://www.ambitiousaboutautism.org">www.ambitiousaboutautism.org</a>	Forums, resources, mental health toolkit for young people, loads of information about Autism
Thriving Autistic	<a href="http://www.thrivingautistic.org">www.thrivingautistic.org</a>	Not for profit social enterprise. All directors and practitioners are neurodivergent. 1:1 and group support, community webinars and training. Strengths based support, free group socials, online courses
Autism Education Trust	<a href="https://www.autismeducationtrust.org.uk/resources">https://www.autismeducationtrust.org.uk/resources</a>	Resources for parents and teachers, good practice & frameworks/ policy considerations
Wellbeing app	<a href="https://www.autistica.org.uk/molehill-mountain">https://www.autistica.org.uk/molehill-mountain</a>	App designed in conjunction with autistic people to help manage anxiety



## Carers

Action for Young Carers	<a href="https://aycnottingham.co.uk/">https://aycnottingham.co.uk/</a>	A free and confidential service that supports young carers in Nottingham City
Carers Trust	<a href="https://carers.org/">https://carers.org/</a>	Support, advice & resources
Carers UK	<a href="https://www.carersuk.org/">https://www.carersuk.org/</a>	Help and advice, practical and financial support
Nottinghamshire Young Carers	<a href="https://www.tuvida.org/nottsyoungcarers">https://www.tuvida.org/nottsyoungcarers</a>	Helps young carers from 7 to 17
Nottinghamshire Carers Hub	<a href="https://www.tuvida.org/nottinghamshirehub">https://www.tuvida.org/nottinghamshirehub</a>	Provides free, confidential and personalised information and support for unpaid carers
Notts Parent Carer Forum	<a href="https://www.nottspcf.org">https://www.nottspcf.org</a>	independent parent carer led organisation who represent the views, experiences of families that live in Nottinghamshire.

## Comics / social stories

	<a href="https://www.storyboardthat.com/comic-maker">https://www.storyboardthat.com/comic-maker</a>  <a href="https://amzn.eu/d/8Fw9Su4">https://amzn.eu/d/8Fw9Su4</a>  <a href="https://amzn.eu/d/fACcAx3">https://amzn.eu/d/fACcAx3</a>	Online comic maker  Colouring story book  Social skills learning
National Autistic Society – comics & social stories	<a href="https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations">https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations</a>	
Stories Online For Autism	<a href="https://inspire.org.mt/sofa-app/">https://inspire.org.mt/sofa-app/</a>	An app to help create stories
ADHD comics	<a href="https://www.adhdfoundation.org.uk/2022/11/17/the-umbrella-gang-comics/">https://www.adhdfoundation.org.uk/2022/11/17/the-umbrella-gang-comics/</a>	Volumes 1,2 and 3



## Dyslexia & Dyspraxia

British Dyslexia Association	<a href="https://www.bdadyslexia.org.uk/">https://www.bdadyslexia.org.uk/</a>	They are a membership organisation working to achieve a dyslexia-friendly society for all.
The Dyslexia Association	<a href="https://www.dyslexia.uk.net/">https://www.dyslexia.uk.net/</a>	We provide support and services for dyslexic children and adults of all ages, their parents/families, educators, employers and the wider community.
Dyslexia video series	<a href="https://dyslexiaresource.org/dyslexia-awareness-video-series/">https://dyslexiaresource.org/dyslexia-awareness-video-series/</a>	
Dyspraxia Foundation	<a href="https://dyspraxiafoundation.org.uk/">https://dyspraxiafoundation.org.uk/</a>	Supporting families affected by dyspraxia and DCD (developmental co-ordination disorder)

## EHCP *Assessments, plans, support and advice*

EHCP information	<a href="https://www.ipsea.org.uk/pages/category/education-health-and-care-plans">https://www.ipsea.org.uk/pages/category/education-health-and-care-plans</a>	Education health care plan
Educational & health care needs assessment	<a href="https://www.ipsea.org.uk/ehc-needs-assessments">https://www.ipsea.org.uk/ehc-needs-assessments</a>	
Ask Us Nottingham	<a href="https://askusnotts.org.uk/">https://askusnotts.org.uk/</a>  Telephone 0800 121 7772	Confidential and impartial information, advice and support on special educational needs and disability matters for parents/carers of children/young people with SEND and for the children/young people themselves.
Learning Disabilities Matters	<a href="https://learningdisabilitymatters.co.uk/">https://learningdisabilitymatters.co.uk/</a>	The 'Learning Disability Matters for Families' webapp gives parents and carers straightforward, pragmatic, realistic information that is aimed to help them day to day, know where to go for further help and understand what they are entitled to.
Sunshine Support  Some free, some webinars at a cost	<a href="https://sunshine-support.org/">https://sunshine-support.org/</a>	We empower and advocate for parents, carers and professionals who support children and young people with SEND.



## Neurodevelopmental assessments ( for ASC / ADHD)

Neurodevelopmental Behaviour Service	<a href="https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=MXWZStlJ1cc&amp;=">https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=MXWZStlJ1cc&amp;=</a>	Carries out assessments and runs free advice sessions  Known as NBS
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## SEN service

Sensory Learning & Play CIC	<a href="http://www.lookinside.org.uk/">http://www.lookinside.org.uk/</a>	12 hours free remote mentoring for young people aged 14+ for life skills, CV writing, Career advice, Social Skills etc they can self refer on the website using the forms tab
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## Sensory information

Sensory pack Early years setting	<a href="https://resources.leicestershire.gov.uk/sites/resource/files/field/pdf/2017/1/31/early_years_sensory_processing_resource_pack_multiagency_final_march_2014.pdf">https://resources.leicestershire.gov.uk/sites/resource/files/field/pdf/2017/1/31/early_years_sensory_processing_resource_pack_multiagency_final_march_2014.pdf</a>
Sensory pack for school KS1	<a href="https://resources.leicestershire.gov.uk/sites/resource/files/field/pdf/2017/9/21/Sensory-processing-pack-for-schools-KS1-4.pdf">https://resources.leicestershire.gov.uk/sites/resource/files/field/pdf/2017/9/21/Sensory-processing-pack-for-schools-KS1-4.pdf</a>
Sensory toolkit for schools	<a href="https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/Documents/NHFT%20Children%E2%80%99s%20Occupational%20Therapy%20-%20Sensory%20Toolkit%20for%20Schools%20(PDF%20646KB).pdf">https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/Documents/NHFT%20Children%E2%80%99s%20Occupational%20Therapy%20-%20Sensory%20Toolkit%20for%20Schools%20(PDF%20646KB).pdf</a>
Sensory processing difficulties	<a href="https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/">https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/</a>



## Sleep

Sleep Advice service	<a href="https://cerebra.org.uk/get-advice-support/sleep-advice-service/">https://cerebra.org.uk/get-advice-support/sleep-advice-service/</a>
Sleep support pack	<a href="https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/neurodiversity-support-pack/sleep/how-does-sleep-differ-in-a-child-with-a-neurodiversity">https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/neurodiversity-support-pack/sleep/how-does-sleep-differ-in-a-child-with-a-neurodiversity</a>
Sleep video	<a href="https://www.actcommunity.ca/education/videos/sleep-and-neurodiversity/">https://www.actcommunity.ca/education/videos/sleep-and-neurodiversity/</a>

## Tics and Tourettes

NHS advice	<a href="https://www.nhs.uk/conditions/tics/">https://www.nhs.uk/conditions/tics/</a>	
Tourettes Action	<a href="https://www.tourettes-action.org.uk/">https://www.tourettes-action.org.uk/</a>	Helpdesk, online support groups, advice and more

## Universal

Nottinghamshire information and services in one place	<a href="https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page">https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page</a>
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