

Links to Additional SEND Information

Local Support and resources:

Chat Health - A new mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. Available Monday-Friday 9am - 5pm for parents of children 5-19 years: If you have a child 5-19 and looking for confidential help and advice? Just send a text to your School Nurse Team. Text 07480 635515

Parent and Carer Toolkit Website leaflet link - advice, information and links for parents with primary aged children - www.cypsomersethealth.org/parent_and_carer_toolkit

SEND

Somerset's Local Offer - a website showing the support available to all children and young people with SEND and their families (Our Local Offer; Education; Childcare; Preparing for Adult Life; Money, Benefits and Funding; Health; Social Care; Leisure; Discussing Things) <https://www.somerset.gov.uk/education-and-families/somerset-local-offer/>

Information about Education Health Care Plans - <https://choices.somerset.gov.uk/025/local-offer/education-health-and-care-plan/>

SEND News Archive and Newsletters - find out the latest about what's going on in SEND services in Somerset <https://choices.somerset.gov.uk/025/local-offer/send-news-2/>

Mental Health

Your GP can listen and point you in the right direction for support, including referral to mental health specialists.

School - it is vital to stay in communication with your child's school about the issues that your child is experiencing. The school teachers and SENDCO will do their best to get the appropriate support for your child.

Mental health problems in children and young people: guidance for parents and carers leaflet -

https://www.cypsomersethealth.org/resources/Parents_leaflet_Somerset_Printable_version33.pdf

Local Samaritans branches: Free 24 hour advice and support for young people and their carers or families. Yeovil 01935 476455; Bath 01225 460888; Taunton 01823 288998; Bristol 0117 983 1000.

www.samaritans.org

Mendip Health Connections:

<https://healthconnectionsmendip.org/category/mental-health/>
details local organisations that offer help for people with mental health problems plus one-to-one help 01373 468368;
mendip.healthconnections@nhs.net

Self Help Leaflets: a wide range of leaflets available to read or listen to (Alcohol & You; Anxiety; Bereavement; Controlling Anger; Depression; Depression & Low Mood; Eating Disorders; Food for Thought; Health Anxiety; Obsessions and Compulsions; Panic; Postnatal Depression; Self Harm; Shyness & Social Anxiety; Sleeping Problems; Stress). www.selfhelpguides.ntw.nhs.uk/somerset

HELP! Counselling offers 9-25 year olds trained, counsellors who listen in a non-judgmental way, and give a safe space to talk through problems. Pay what you can afford. 0117 950 2511; www.help-counselling.org.uk

SWEDA (Somerset and Wessex Eating Disorder Association) gives support to young people with eating disorders and their families or carers. Good resources, one-to-one conversations and group support. support@sweda.org ; 01749 343344; www.swedauk.org/services/for-carers

National organisations which help parents

SEND

Social Stories - advice and guidance about what social stories are and how they help children with communication problems.

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>

<https://carolgraysocialstories.com/social-stories/what-is-it/>

Sensory Processing Information Training - 3 training sessions with information about sensory processing difficulties and how to help children with these sensory issues.

<https://www.youtube.com/playlist?list=PLwa9TeTbEo01298oVpVXH07P14eVUGyr>

Mental Health

Young Minds is an excellent source of information about all aspects of child mental health, including a Parent Helpline: 0800 802 5544.

<https://youngminds.org.uk/find-help/forparents/>

The Royal College of Psychiatrists has a detailed section on help for the whole family

<https://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx> and provides guidance on all mental health problems and treatments, with downloadable leaflets. www.rcpsych.ac.uk

Minded for Families provides free, quality assured advice which is easy to understand. It is helpful for any adults caring for children or teenagers with mental health problems.

<https://mindedforfamilies.org.uk/young-people/>

Samaritans provides 24 hour, nationwide support by phone: 116123, email: jo@samaritans.org and face-to-face for stress, anxiety or despair related issues, including suicide. www.samaritans.org

Papyrus offers advice and support from qualified professionals about suicide. This is for anyone up to the age of 35 who is having suicidal thoughts and for their friends and families. They can be contacted through the website www.papyrus-uk.org or on their "Hopeline": 08000684141 or 07786209697 (open 10am - 10pm weekdays and 10am - 2pm weekends)

Beat gives clear advice on all aspects of dealing with eating disorders, including helpful guidance to parents, carers and families.

www.beateatingdisorders.org.uk

Sane 0300 304 7000 offers out of hours, 6pm -11pm daily, specialist support and information to anyone affected by mental illness, including family and carers.

Anna Freud Centre - a leaflet about mental health for parents of young children: www.annafreud.org/media/7228/tmh-parentleaflet-final-all-approved-laid-out-for-web.pdf

Physical Health

Change for Life - website with information about how to keep your child healthy. <https://www.nhs.uk/change4life>

NHS Eat Well - website with information about healthy eating with recipes and tips and information on digestive health. <https://www.nhs.uk/live-well/eat-well/>