

## Useful links to external organisations:

- [Anna Freud Reflective Parenting](#)

This service offers an intervention for parents experiencing difficulties in their relationships with their children.

- [Anna Freud – Self Care for Parents and Carers](#)

Guidance on the importance of self-care for parents and carers

- [Ask Us](#)

Ask Us support children and young people with special education needs or disabilities (SEND) and their parents in Nottingham and Nottinghamshire. They provide free, impartial and confidential advice and support for SEND children or young people aged 0 to 25 years.

- [Bassetlaw Action Centre](#)

Bassetlaw Action Centre is a community resource agency offering help and support to individuals and organisations throughout Bassetlaw; promoting the independence of older and vulnerable people and supporting individuals with long term conditions.

- [Bassetlaw CVS](#)

BCVS is a registered charity that works to challenge deprivation, health inequalities and social exclusion through supporting local residents and voluntary and community groups across Bassetlaw.

- [Bassetlaw Mental Health Support](#)

Useful links for further mental health support

- [Council for Disabled Children](#)

The Council for Disabled Children is part of the National Children's Bureau family. They are the umbrella body for the disabled children's sector.

- [Contact](#)

Contact support families, bring families together and help families take action for others.

- [Contact's Welcome Book - The Helpful Guide](#)

Contact's comprehensive guide for all parents caring for a disabled child.

- [Health for Teens](#)

Health for Teens introduces a new and different way for young people aged 11-19 to learn about their health.

- [Kooth](#)  
The UK's largest and longest-serving digital mental health service.
- [National Autistic Society](#)  
The UK's leading charity for autistic people and their families providing support, guidance and advice.
- [NottAlone](#)  
Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place
- [Notts. Help Yourself \(Local Offer\)](#)  
This website is designed to help people find information about a whole range of organisations and services.
- [Notts. Parent Carer Forum](#)  
Nottinghamshire Parent Carer Forum (NPCF) is a registered charity run by, and for, parent carers of children & young people (aged 0-25) who have Special Educational Needs and/or Disabilities (SEND).
- [Peace of Mind Toolkit](#)  
This Toolkit has been created *by* young people *for* young people over a 12-month period with support from doctors and mental health specialists.
- [Relationships Really Matter](#)  
Resources to help families with issues having disagreements in Nottinghamshire
- [SEND Code of Practice](#)  
Statutory guidance for organisations which work with and support children and young people who have special educational needs or disabilities.
- [SENDIASS](#)  
Free and impartial information, advice, and support for the families of children and young people with disabilities or special educational needs.
- [Shout](#)  
Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. As a digital service, Shout became vital during Covid-19, as one of the few mental health services to operate as normal at this time.

- [SOS!SEN](#)

SOS!SEN is a national charity that aims to empower parents and carers of children and young people with SEND to successfully tackle the difficulties they face when trying to secure the right educational provision for their children.

- [The Sleep Charity](#)

The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better.

- [Support strategies for parents and carers](#)

The strategies presented in this booklet provide a starting point for helping to support children and young people with a range of learning differences.

- [Thrive](#)

Helping people to understand and manage neurodiversity in the workplace

- [TuVida \(East Midlands\)](#)

TuVida (East Midlands) / Young Carers Notts is a free and confidential service that supports young carers aged 5-17 who live in Nottinghamshire and the City of Nottingham to take a break and get practical advice and information about caring.

- [Young Minds](#)

Young Minds provide young people with the tools to look after their mental health and empower adults to be the best support they can be to the young people in their lives.

- [Young Carers Notts](#)

Practical help and advice for young carers.