

## Local Support Services

CONWY		DENBIGHSHIRE	
<b>Conwy Family Centres</b>	<p><b>What's available:</b></p> <p>Information and advice, Support from Family Workers, Parenting advice, Access to support from other people.</p> <p>Find out what is happening near you by clicking the link below:</p> <p><a href="https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Children-and-families/Conwy-Family-Centres/Family-Centres-Whats-On/Whats-On-Near-You-Central.aspx">https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Children-and-families/Conwy-Family-Centres/Family-Centres-Whats-On/Whats-On-Near-You-Central.aspx</a></p>	<b>Denbighshire Families First</b>	<p>Families First are a group of people who can support your family during a difficult time. We provide support to your family and work to ensure that all needs are met in a coordinated manner (a Team Around the Family approach), at the right time when your family needs it.</p> <p>To find out more about the service and what they offer please click the link below:</p> <p><a href="https://www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families/families-first-our-support.aspx">https://www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families/families-first-our-support.aspx</a></p> <p>An online referral form can also be located on the link above.</p>
<b>Conwy Education Services</b>	<p>You can contact the Conwy Education department on: 01492575031 for information on: statements officers, sensory services, transport.</p>	<b>Youth Service Denbighshire</b>	<p><b>Denbighshire Youth Service supports young people aged 11 to 25 years, providing both universal and targeted interventions.</b></p> <p>Relationships with young people are based on voluntary engagement and underpinned by the five pillars in Youth Work in Wales: Principles &amp; Purposes.</p>

**CONWY AND DENBIGHSHIRE  
NEURODEVELOPMENTAL TEAM**

			<p>We support young people in crisis or who are experiencing more challenging times in their lives through our 1-1 support service.</p> <p>For more information click on the link below:</p> <p><a href="https://denbighshireyouthservices.co.uk/what-we-do/">https://denbighshireyouthservices.co.uk/what-we-do/</a></p>
<p><b>Conwy Connect</b></p>	<p>Conwy Connect are a voluntary organisation that promotes the rights of people with a learning disability by using a person centred approach. For more information on their services please use the link below:</p> <p><a href="http://www.conwy-connect.org.uk">What We Do — Conwy Connect (conwy-connect.org.uk)</a></p>	<p><b>Denbighshire Outreach Team</b></p>	<p>Denbighshire Outreach Team support children with a diagnosis of Autism (ASD) or that are on the neuro waiting list within a mainstream school setting.</p> <p>There are two levels of support:</p> <ul style="list-style-type: none"> <li>• Universal- which is an observation, advice and modelling of strategies to staff, then a follow up.</li> <li>• STARS- More intensive multi agency outreach support over 2 years for younger children (mainly Nursery/ Reception age) who have a diagnosis. This includes regular progress meetings with parents too.</li> </ul> <p>Coffee mornings will be starting again in the near future. This service can ONLY be accessed through a school referral.</p>

<p><b>CrossRoads</b></p>	<p>CrossRoads are a registered provider that provides respite for children with additional needs and their families. We run groups and activities and provide 1-1 support but all support is referred to Crossroads via either the disabilities team or the family team.</p>	<p><b>Disability Wellbeing Navigators</b></p>	<p>Disability navigators provide parenting support, signposting to community agencies and provide post diagnostic support for families.</p> <p>To access this service you can self – refer through Denbighshire gateway by clicking the link below: <a href="https://www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families/families-first-our-support.aspx">https://www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families/families-first-our-support.aspx</a></p>
<p><b>TAPE</b></p>	<p>Tape are a community music group that welcomes people of all ages. Singing a range of contemporary and classic songs. This also gives an opportunity to socialise with other people with similar interest in music, art and singing.</p> <p>Tel: 01492 512109 TAPE Community Arts Centre, Berthes Rd, Old Colwyn. LL29 9SD</p> <p>For more information use the link below: <a href="https://tapemusicandfilm.co.uk/">https://tapemusicandfilm.co.uk/</a></p>	<p><b>Denbighshire Family Link Workers</b></p>	<p>Denbighshire Family Link Workers work closely with families, pre-school settings and schools to make sure all children have a positive experience of education and get opportunities to reach their full potential.</p> <p>Support families in:</p> <ul style="list-style-type: none"> <li>• School readiness</li> <li>• Toileting</li> <li>• Speech and language</li> <li>• Behaviour</li> <li>• Sleep routines</li> <li>• Feeding</li> <li>• Language and play/parent and child sessions</li> <li>• Nurture support</li> </ul> <p>More information on support offered can be found on the link below: <a href="https://www.denbighshire.gov.uk/en/childcare-and-parenting/family-link-workers.aspx">https://www.denbighshire.gov.uk/en/childcare-and-parenting/family-link-workers.aspx</a></p>

<p><b>Swimming Conwy Whales</b></p>	<p>Conwy Whales Swimming Club is for children and teenagers with special needs. They provide expert coaching, and have volunteers in the water to assist swimmers of all abilities. The club meets on alternate Saturdays 4.15pm and 5.15pm.</p> <p><b>For further information:</b> T: 07881 528977 - Rebecaa Curle e: <a href="mailto:rscurle@googlemail.com">rscurle@googlemail.com</a></p>	<p><b>Denbighshire Disability Sport Groups</b></p>	<p>Denbighshire Disability Sport have a range of groups. You can find a range of sport clubs in Denbighshire by clicking the link below:</p> <p><a href="https://www.disabilitysportwales.com/clubs/?club-search=1&amp;disability=0&amp;sport=0&amp;authority=46">https://www.disabilitysportwales.com/clubs/?club-search=1&amp;disability=0&amp;sport=0&amp;authority=46</a></p> <p>They offer swimming clubs, martial arts, trampoline club and much more.</p>
<p><b>Health Visiting and School Nursing Team</b></p>	<p>Health Visiting and School Nurse Services Health Visitors and School Nurses are qualified Nurses with special training in Child Health and Public Health who are based either in surgeries, clinics or schools within the community, working closely with other professionals. More information can be found by using this link: <a href="https://bcuhb.nhs.wales/services/a-z-of-services/services/health-visiting-and-school-nurse-services/">https://bcuhb.nhs.wales/services/a-z-of-services/services/health-visiting-and-school-nurse-services/</a></p> <p><b>Conwy Health Visiting Team</b> Colwyn Bay Hospital Hesketh Road Colwyn Bay LL29 8AY Tel: 03000 855532</p> <p><b>School Nurse Office:</b> Llandudno Hospital Hospital Road</p>	<p><b>Health Visiting and School Nursing Team</b></p>	<p>Health Visiting and School Nurse Services Health Visitors and School Nurses are qualified Nurses with special training in Child Health and Public Health who are based either in surgeries, clinics or schools within the community, working closely with other professionals. More information can be found by using this link: <a href="https://bcuhb.nhs.wales/services/a-z-of-services/services/health-visiting-and-school-nurse-services/">https://bcuhb.nhs.wales/services/a-z-of-services/services/health-visiting-and-school-nurse-services/</a></p> <p><b>Denbighshire Health Visiting Team</b> Denbigh Clinic Ruthin Road Denbigh LL16 3ES Tel: 03000 855720</p> <p><b>School Nursing Office:</b> Denbigh Clinic Ruthin Road</p>

	<p>Llandudno LL30 1LB Tel: 03000 851984</p>		<p>Denbigh LL16 3ES Tel: 03000 855729</p>
<p><b>Conwy Educational Psychologists</b></p>	<p>Educational Psychologist support is in the school.</p> <ul style="list-style-type: none"> <li>• Access support with ASD outreach teams</li> <li>• Schools can request a Teaching assistant</li> <li>• Offer specific resource placements at foundation for children struggling to access mainstream education.</li> <li>• Provide Autism training to schools.</li> <li>• Parents can request an assessment of special needs.</li> </ul> <p>To access support, the school will make a request.</p>	<p><b>Hafal</b></p>	<p>Hafal's services in Denbighshire for clients and families include:</p> <ul style="list-style-type: none"> <li>• Family Support Service</li> <li>• Housing support services</li> <li>• General Support</li> <li>• Information</li> <li>• Advice</li> <li>• Groups</li> <li>• Befriending</li> <li>• A voice in planning</li> </ul> <p>Hafal Denbighshire helps people with serious mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.</p> <p><b>To gain further information click on the link below:</b> <a href="https://www.hafal.org/in-your-area/denbighshire/">https://www.hafal.org/in-your-area/denbighshire/</a></p> <p><b>North Denbighshire Family Support Services</b> <b>Janet Fletcher – Family Support Worker</b> <b>Tel: 07966 017 647</b> <b>Email: <a href="mailto:janet.fletcher@hafal.org">janet.fletcher@hafal.org</a></b></p>

## Denbighshire and Conwy /Services and online resources



The specialist Child and Adolescent Mental Health Services (CAMHS) focus on helping children and young people who experience emotional, behavioural and other psychological difficulties.

<https://bcuhb.nhs.wales/services/health-services1/services1/services/child-and-adolescent-mental-health-service-camhs/>

### How do I get help from CAMHS?

Someone, usually your parents, teacher, GP, or yourself if old enough, can refer you for an assessment with CAMHS to see what help you could get.

### Does CAMHS help parents and carers too?

Most CAMHS services work with the whole family to support a young person's health.

This might include coming along to assessment and treatment appointments, depending on the child's age and what level of involvement they want.




[BCUHB CAMHS \(@bcuhb\\_camhs\) | Twitter](#)

### Contact number:

**Denbighshire** – Royal Alexandra Hospital  
Marine Drive  
Rhyl  
Denbighshire  
LL18 3AS  
03000 856023

**Conwy** – Mostyn Suite Llandudno Hospital  
Hospital Road  
Llandudno  
LL30 1LB  
03000 851949



<p><b>Sleep Clinic</b></p> 	<p>Sleep clinics offer a full assessment of the current sleep issues and together with the help of a sleep diary will, offer a bespoke intervention for the child. Sleep clinics offer follow up sessions to support the families whilst they work on the sleep issues. Sleep referrals can be made through a professional involved in your child's care. Supporting children and young people aged 0 – 18 years.</p>
<p><b>Speech And Language Therapy</b></p> 	<p>Speech and Language Therapy Team (SALT) have developed a website for parents/carers to have access to advice, support and resources.  To access further information or advice you can contact the team on the details below: <b>Contact details:</b> Centre 03000855968 9:30 – 10:30am or 03000855478 between 1pm – 2pm Monday to Friday.  <a href="https://bcuhb.nhs.wales/services/health-services1/services1/services/speech-and-language-therapy/childrens-service/">https://bcuhb.nhs.wales/services/health-services1/services1/services/speech-and-language-therapy/childrens-service/</a></p>
<p><b>Children's Occupational Therapy</b></p> 	<p>Welcome to the Children's Occupational Therapy web resource. Here you can access strategies and advice to help develop a child's everyday skills such as handwriting, dressing, eating and general self-care activities.  Children's Occupational Therapy Department Marine Drive Rhyl Denbighshire LL18 3AS 03000 855 962  <a href="https://bcuhb.nhs.wales/services/health-services1/services1/services/occupational-therapy/childrens-occupational-therapy/">https://bcuhb.nhs.wales/services/health-services1/services1/services/occupational-therapy/childrens-occupational-therapy/</a></p>
<p><b>Social Services</b></p>	<p><b>Conwy Social Services</b> During Office Hours: 01492575111 Out of hours: 01492 515777 <a href="https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Social-Care-and-Wellbeing.aspx">https://www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Social-Care-and-Wellbeing.aspx</a></p>



**Denbigh Council Social Services Child at risk**

01824 712200 - Monday to Thursday 9am - 5pm and Friday 9am - 4.30pm

0345 053 3116 - Evenings and weekends

<https://www.denbighshire.gov.uk/en/resident/health-and-social-care/children-young-people-and-families/report-a-child-at-risk.aspx>

**Local Integrated Family Team**



Local Integrated Family Team (LIFT) are a multiagency team that provide families with support around how to manage challenging behaviour.

LIFT provides early intervention specialist help where:

- a child's behaviour is
- physically aggressive
- verbally aggressive
- property destruction
- self-injurious behaviour
- disruptive behaviour
- The family's relationship is disrupted in the home due to behaviours that challenge
- The behaviour is not occurring in the context of a learning disability or open to Learning disability service
- There is no evidence of significant developmental delays in two or more areas
- The main problem is not explained by mental health disorder or the child is open to CAMHS
- The child is not open or actively working with Neurodevelopment Services (we can accept referrals when the child is on the waiting list)

**To gain more information and to access this specialist team, a professional can complete a referral form on the link below:**

<https://www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families/lift.aspx>





### STAND North Wales CIC

STAND NW CIC is a parent-led not for profit organisation working for families of children and adults with additional needs and disabilities across North Wales.

We offer a range of training for parents and professionals - funding permitting.  
Weekly Online Youth Zone for young people in mainstream and specialist settings.

- Family days
- Parent support groups
- ASD specific training and bespoke training when funding allows.

**Plus much more.**

For more information please visit [www.standnw.org](http://www.standnw.org) or contact [info@standnw.org](mailto:info@standnw.org)

Links to our Facebook page is :

<https://www.facebook.com/STAND-NW-2083227195247150>

### Conwy and Denbighshire Youth Justice Service



The Conwy and Denbighshire Youth Justice Service work with young people providing a range of intervention programmes some of which, result from court orders that young people engage subsequent to anti-social/offending behaviour.

The YJS also offers support to victims of youth crime and anti-social behaviour and a range of restorative interventions are offered. The YJS has developed a prevention project which aims to intervene with young people at an earlier stage in order to prevent entry into the criminal justice system.

To gain more information please contact the Youth Justice Service on: **01492 577377**

**For information on Youth Justice click on the link below:**

<https://justice.org.uk/youth-justice/>

### SNAPCYMRU



SNAP Cymru provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities

- We provide the following impartial, confidential and free services:
- Helpline Advice and Support
- Specialist Casework
- Discrimination Advice and Casework
- Independent Specialist Advocacy
- Disagreement Resolution

For more information please click on the link below:

<https://www.snapcymru.org/>

Helpline: 0808 8010608

### Family Information Service



Family Information Services (FIS) are the first point of contact for advice and information on local services for families and carers.

The Family Information Service provide free, impartial help, support and advice on a range of family issues including:

- Childcare and help with the costs of childcare
- Health care
- Education and Training
- Leisure services
- Finances

They can put you in touch with experts who will provide free help and support tailored to your individual needs.

They can also signpost you to useful information and services of Welsh Government Programmes.



**Conwy:** <http://www.fis.wales/fis/W06000003>

**Phone**

**01492 577788 / 577850**

**Email**

[plant.children@conwy.gov.uk](mailto:plant.children@conwy.gov.uk)

**Denbighshire:** <http://www.fis.wales/fis/W06000004>

**Phone**

**01745 815891**

**Email**

[fis@denbighshire.gov.uk](mailto:fis@denbighshire.gov.uk)



Barnardos provides the family life skills service which offers early help and support to families of all differing needs with children aged 0-18 years.

We provide bespoke, holistic, person-centered support to each member of the family.

We offer 1-1 support for parents and children , family activities , group sessions, school support and Multi agency support.

- Any referrals for our service has to been done through the gateway it will go to team around the family first then they decide its it for them or us

For more information on Barnardos please click the link below:

<https://www.barnardos.org.uk/what-we-do/services/cyfle-cypsms-tier-1>



Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.

**Online chat available**

Contact number: 08088023456

Text: 84001

<https://www.meiccymru.org/>



Mind is a national mental health charity concerned with the needs and rights of mentally distressed people and their families. Aberconwy Mind helps local people rebuild their lives by providing friendly support and a chance to share experiences and regain self-respect. They offer a warm welcome, a chance to make new friends and an opportunity to develop new skills and interests.

<https://www.mind.org.uk>



Action for Children has been working in Wales since 1911. We support vulnerable children, young people and families in Wales through nearly 80 projects and services, working in partnership with local authorities, health boards and other third-sector organisations.

Our aim is to give the children, young people and families the chance to fulfil their potential and to make the most of their lives.

To find out what services are near you, please click on the link below:

<https://www.actionforchildren.org.uk/what-we-do/our-work-in-wales/>

You can follow our work and developments on Twitter and Facebook. [https://twitter.com/cymru\\_afc](https://twitter.com/cymru_afc)

Offering a parent talk online: <https://parents.actionforchildren.org.uk/> Information on sleep, development, additional needs and disabilities, education, mental health and behaviour.



childline

ONLINE, ON THE PHONE, ANYTIME

Child line is an online resources, advice and a telephone support service.

Young people can Call us free on: 0800 1111 or request a 1 to 1 councillor online

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Child line supports children on a range of topics from abuse, bullying, loneliness, depression and alcohol.

Tool box where you can locate:

- Mood journal
- Coping kit
- Games

Calm area where you can gain support and access games, breathing techniques, activities and tools.

**To access these useful supportive tools click on the link below:**

<https://www.childline.org.uk/get-support/>





UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

Solihull Approach have provided access to FREE courses please go to: [www.inourplace.co.uk](http://www.inourplace.co.uk) - Access code: NWSOL

1. Understanding Pregnancy, Labour, Birth and your Baby – for everyone around the baby (Mums, Dads, Grandparents, friends and relations). Written by Registered Midwives, Infant Feeding Specialists and NHS Professionals
2. Understanding your Baby – for everyone around the baby, supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors
3. Understanding your Child – Popular online course about being the best parent, grandparent or carer. Award winning with trusted content
4. Understanding your Teenagers Brain (short course) – Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed about their behaviour

For technical enquiries please go to:

	<p><a href="mailto:Solihull.approach-parenting@heartofengland.nhs.uk">Solihull.approach-parenting@heartofengland.nhs.uk</a></p> <p>For any questions/enquires please e-mail: <a href="mailto:nwsol@wales.nhs.uk">nwsol@wales.nhs.uk</a></p>
<p><b>Integrated Autism Service</b></p> 	<p>Integrated Autism service support parents, carers with advice and information, signposting to organisations who can support with their ongoing needs. No direct work with children under 18 years old. But will offer signposting and some advice to parents to understand ASD so they can support their young person. Offer advice and support on strategies to manage challenging behaviour.</p> <p>Families can self-refer through the ASD Wales website or ring: 013527 02090.</p> <p>Telephone calls and emails between 9.30am and 4.30pm Monday to Thursday; 9.30am to 4pm Friday dependent on staff availability.</p> <p>Our email is <a href="mailto:NW.IAS@flintshire.gov.uk">NW.IAS@flintshire.gov.uk</a> More information on the integrated Autism Service can be found on the link below: <a href="https://autismwales.org/en/integrated-autism-service/">https://autismwales.org/en/integrated-autism-service/</a></p>
<p><b>National Autistic Society</b></p> 	<p>National Autistic Society provide support and advice online regarding Autism. Explains some of the different names for autism and related conditions, and provides information about gender, discussions about causes and current research.</p> <p><a href="https://www.autism.org.uk/about/what-is.aspx">https://www.autism.org.uk/about/what-is.aspx</a> <a href="https://www.autism.org.uk/about/family-life/bereavement.aspx">https://www.autism.org.uk/about/family-life/bereavement.aspx</a> Information and advice on how to support a young person with a neurodevelopmental disorder through bereavement.</p>
<p><b>ADHD Foundation</b></p>	<p>ADHD Foundation provide you with further information on ADHD. Factsheets and support for you/your child with a recent diagnosis of ADHD.</p> <p><a href="https://www.adhdfoundation.org.uk/">https://www.adhdfoundation.org.uk/</a></p>



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## CONWY AND DENBIGHSHIRE NEURODEVELOPMENTAL TEAM



### Neurodevelopmental Team Website



The Neurodevelopmental Team have developed a website with useful leaflets and resources.

Please see the sections below:

- Service information  
Advice and Strategies for children and young people. Including information on:

- Adapting Language and Communication
- Managing Change
- Positive Behaviour Strategies
- Sensory Strategies
- Sleep Hygiene
- Supporting Attention, Concentration and Organisational skills
- Supporting Children With Learning Difficulties
- Supporting Mental and Physical Wellbeing
- Understanding Feelings

- Covid – 19

- Helpful Links

You can access Our website by clicking on the link below:

<https://bcuhb.nhs.wales/health-services/health-services1/services1/services/neurodevelopmental/>



Family lives provide a wide range of online advice, support and guidance on a range of topics from behaviour, health and wellbeing, communicating with teenagers and much more. They provide online chat and helplines when you need support to deescalate situations before they get to crisis point.

Family lives aim is to:

‘with the aim of ensuring that all parents had somewhere to turn before they reached crisis point. We know that the right support at the right time makes all the difference.’

You can gain confidential Support through the helpline on 0808 8002222 or through an online chat that is located on the Family lives website.

<https://www.familylives.org.uk>

Email us for support [askus@familylives.org.uk](mailto:askus@familylives.org.uk)



BBC website had information on how I hid my Autism – article on a young woman who has a diagnosis of Autism. Providing a personal life experience of managing through school and how she camouflage her difficulties.





<https://www.bbc.com/news/uk-england-51475739>












Addup supports, nurtures and educates families living with and professionals working with ADHD. They do this by recognising and celebrating the uniqueness of each person with passion, commitment and a smile – whilst keeping the family at the heart of everything.

<https://www.addup.co.uk/about-us/>



	<p>ADDISS provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, young people, teachers or health professionals. Whatever you are looking for in ADHD, we will do our best to help.</p> <p><a href="http://www.addiss.co.uk/">http://www.addiss.co.uk/</a></p>
	<p>ADHD Connections is a charity providing peer-to-peer support for families and children with ADHD. We provide support and activities for families and work alongside schools and local authorities to improve policies and support for children with ADHD.</p> <p>Below is the link to ADHD Connections Facebook page.</p> <p><a href="https://www.facebook.com/groups/ADHDsupportBridgend/?ref=share">https://www.facebook.com/groups/ADHDsupportBridgend/?ref=share</a></p> <p><a href="http://adhdconnections.org/about-us/">http://adhdconnections.org/about-us/</a></p>
	<p>Young Minds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>
	<p>The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.</p> <p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p>

	<p>Cerebra provide Advice and support on:</p> <ul style="list-style-type: none"> <li>• Education and transport</li> <li>• DLA and accessing public services</li> <li>• Getting some sleep</li> <li>• Stress and emotional wellbeing</li> <li>• Toilet training and continence</li> <li>• Managing behaviour</li> <li>• Understanding my child's condition</li> </ul> <p><a href="https://cerebra.org.uk/get-advice-support/sleep-advice-service/">https://cerebra.org.uk/get-advice-support/sleep-advice-service/</a></p>
	<p>ERIC gives support and advice for children and young people with bowel or bladder conditions.</p> <p><a href="https://www.eric.org.uk/Pages/Category/bowel-problems">https://www.eric.org.uk/Pages/Category/bowel-problems</a></p>
	<p>XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p> <p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
	<p>Live Fear Free Helpline: 0808 8010 800 Text service: 078600 77333 Email: <a href="mailto:info@livefearfreehelpline.wales">info@livefearfreehelpline.wales</a> Live chat service: You must have pop-ups enabled in your browser to use this service. Live chat is now available 24 hours a day, 7 days a week. National NSPCC FGM Helpline: 0800 028 3550 Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p>

	<p>Forced Marriage Unit Helpline: <a href="tel:02070080151">020 7008 0151</a>          Modern Slavery Helpline: <a href="tel:08000121700">0800 0121 700</a></p>
	<p>NOFAS-UK is dedicated to supporting people affected by Foetal Alcohol Spectrum Disorders (FASD), their families and communities. It promotes education for professionals and public awareness about the risks of alcohol consumption during pregnancy. NOFAS-UK is a source for information on FASD to the general public, press and to medical and educational professionals.</p> <p><a href="http://www.nofas-uk.org/">http://www.nofas-uk.org/</a></p>
	<p>Tourettes Action works in England, Wales and Northern Ireland and is the leading support and research charity for people with Tourette Syndrome and their families. We want people with TS to receive the practical support and social acceptance they need to help them live their lives to the full.</p> <p><a href="https://www.tourettes-action.org.uk/61-about-ta.html">https://www.tourettes-action.org.uk/61-about-ta.html</a></p>
	<p>Comic Strip Conversations: Illustrated interactions that teach conversation skills to students with autism and related disorders.</p> <p><a href="https://carolgraysocialstories.com/">https://carolgraysocialstories.com/</a></p>
	<p>Twinkl provide a range of resources, templates and tools that you can help with behaviour, communication and emotions. Use the link below to find out more:</p> <p><a href="https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-behaviour-management/sen-feeling-charts-and-aids">https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-behaviour-management/sen-feeling-charts-and-aids</a></p>
	<p><a href="https://www.5pointscale.com/">https://www.5pointscale.com/</a>          Incredible 5-Point Scale Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses.</p>



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