

Finding support

All resources listed on this sheet are for information only. While every effort has been made to ensure accuracy, YoungMinds cannot accept responsibility for changes to details made by other organisations.

Child Law Advice (from Coram Children's Legal Centre)

www.childlawadvice.org.uk

Provides free legal advice and information on education, child and family law to parents, carers and young people.

Phone support available Monday–Friday 8am–6pm. If you are calling about education law the number is 0300 330 5485.

Email contact form: www.childlawadvice.org.uk/email-advice-education

You can find information on a range of school related topics at www.childlawadvice.org.uk/education.

National Autistic Society (Education Rights Service)

www.autism.org.uk

Support for people with autism and their families. Their Education Rights Service can help with information about educational rights and entitlements, as well as with specific issues such as school, assessments and education plans.

Phone: 0808 800 4102

Leave a message on the 24-hour answering service and someone will call you back, usually within 3-5 working days.

Email: www.autism.org.uk/services/helplines/education-rights/education-rights-service-enquiry.aspx

Independent Parental Special Education Advice (IPSEA)

www.ipsea.org.uk

Free, independent and legally based advice to help families get the right education for children and young people with special educational needs and disabilities (SEND).

You can book an appointment with their Advice Line or Tribunal Helpline, and/or request information at www.ipsea.org.uk/Pages/Category/service-overview

National Careers Service

www.nationalcareers.service.gov.uk

Information, advice and guidance to help young people make decisions about learning, training and work. Open 8am to 10pm, 7 days a week.

Phone: 0800 100 900

Webchat: Select the 'use webchat' option on the homepage.

YoungMinds

Starting a conversation

www.youngminds.org.uk/starting-a-conversation-with-your-child

Advice and activity ideas to help parents check-in with their child, start a conversation and provide emotional support.

Parents Lounge

www.youngminds.org.uk/find-help/for-parents/parents-lounge

Our Parents Helpline experts answer questions on school refusal, exam stress, anxiety and other topics.

Supporting your child through a time of change

www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-transitions

Tips to help you support your child through a time of change, transition or difficulty.



MindEd

e-learning to support young healing minds

www.minded.org.uk/families/index.html

MindEd for families is a website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing.

CRISIS TEXT LINE |

If you, or someone you are caring for, is experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to 85258.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. This service is powered by our trusted partner, Crisis Text Line.