

Wellbeing - Support for Parents and Carers : Useful Links

For a guidance and support on a range of mental health issues:

<https://www.youngminds.org.uk/parent/>

For more information on Emotional Based School Avoidance:

<https://www.supportservicesforeducation.co.uk/Page/19956>

Advice, guidance and access to further help for a whole range of childhood and young people's issues:

<https://www.justonenorfolk.nhs.uk/>

For further information on ADHD

<https://adhduk.co.uk/#>

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

Further information on Anxiety:

<https://www.youngminds.org.uk/parent/>

National Autistic Society and Autism Anglia:

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

<https://www.autism.org.uk/advice-and-guidance/what-is-autism>

<https://www.autism-anglia.org.uk/Pages/Category/help-advice>

For more tips on encouraging a more varied diet in young people with neurodivergent conditions:

<https://www.autism-anglia.org.uk/practical-advice-health-hygiene>

For more tips on encouraging independence in personal hygiene:

<https://www.autism-anglia.org.uk/practical-advice-health-hygiene>