

Emotional Regulation: How to Support Neurodiverse Children with Emotional Processing and Anxiety

Mental health

- SET CAMHS – mental health support for children and young people in Essex [Southend, Essex and Thurrock \(SET\) CAMHS | NELFT NHS Foundation Trust](#)
- [SET CAMHS - How can I help myself? | NELFT NHS Foundation Trust](#)
- Information about other support available in Essex [Mental health | Essex Local Offer](#)
- KIDS Inspire [A children's mental health charity offering trauma recovery services for the family](#)
- Kooth free online counselling for ages 11-18 in Essex www.kooth.com
- YoungMinds mental health charity for children and young people www.youngminds.org.uk

Self-harm and suicide

- Information about crisis support is on the SET-CAMHS homepage: [Southend, Essex and Thurrock \(SET\) CAMHS | NELFT NHS Foundation Trust](#)
- Alumina free online self-harm support group for 11-19 year olds www.selfharm.co.uk
- Calm Harm an award-winning app developed to help teenagers manage the urge to self-harm
- Papyrus “Supporting your child: self-harm and suicide” a guide for parents and carers www.papyrus-uk.org

Key Sources of Support and Resources in Essex

- Supporting Your Neurodivergent Child [Neurodiversity | Essex Family Forum](#)
Any parent in Essex can ask for a hard copy to be sent to them for free or use the link
- Essex Family Forum [Home | Essex Family Forum](#)
- Multi Schools Council [Home - Multi Schools Council](#)
Multi schools council – Part of Essex youth service. Organisation that works in schools across Essex to help increase understanding of different needs and amplify pupil voice.
- Essex Local Offer Roadshows [Essex Local Offer Roadshows | Essex Local Offer](#)

- Ordinarily Available Targeted Support Framework [What good support in school looks like | Essex Local Offer](#)
- EXTRA [Extra Support for Families | Welcome to Extra Support for Families](#)
- MAZE [The MAZE Group | SEND Parenting Support Group in Essex](#)
- SNAP [SNAP Charity - Registered Charity No.1077787](#)
- Families in Focus Essex [Home - Families InFocus Essex](#)
- KIDS Autism Hub [Kids Autism Hub – A new support service for Essex, Southend, and Thurrock](#) Aimed at 12–25-year-olds but families of younger children can be referred by their school
- Autism Central [East of England delivered by Essex County Council | Autism Central](#) - Autism central is a peer support programme for parents.
- Essex Short Breaks [What are Essex Short Breaks?](#)
You can register for Essex short breaks if your child has been referred for assessment, you don't have to have a diagnosis any longer.
- Essex SEND IASS [Essex SEND - Information, Advice and Support Service](#)
- [STRM Support STRM Support – Send the Right Message](#)
- [PACT Autism Support | PACT For Autism | England](#)

Psychology in Schools Team Free Workshops

www.nsft.uk/workshops Eventbrite page - book onto live upcoming mental health workshops

[Parent workshops | Norfolk and Suffolk NHS](#) – to watch recorded workshops



From our childhood neurodiversity series...

- [What You Need to Know as a Parent/Carer](#)
- Understanding and Supporting Sleep Difficulties
- [Understanding and Supporting Eating Difficulties](#)
- [Understanding and Managing Behaviour](#)
- [How the Brain Develops](#)
- [The Impact of Early Life Stress](#)
- [Supporting Social Relationships](#)
- [Supporting Language and Communication](#)
- [Understanding and Supporting Sensory Needs](#)
- [The Benefits and Problems with Using Technology](#)

From our mental health series...

- [Building Understanding and Supporting Your Child with Tourette's Syndrome/Tics](#)
- [Understanding Self-Harm in Children/Adolescents](#)
- [Supporting your Child/Adolescent with Anxiety](#)