

Childhood Neurodiversity: Supporting Your Child with Anxiety Resources

- [Accessible environments](#) National Autistic Society
- [neurodiverse-children-who-are-experiencing-anxiety-a5-leaflet.pdf](#)
- Holly Blanc Moses – **The Autism ADHD Podcast series**
- Luke Beardon “**Avoiding Anxiety in Autistic Children**”
- **Emotion based school avoidance** Psychology in Schools pre-recorded session. 60-minutes: <https://www.youtube.com/watch?v=BzA0-rGB-OQ>
- [EBSA \(Emotionally Based School Avoidance\) - Suffolk County Council](#)
- **Sleep**
 - <https://www.suffolk.gov.uk/children-families-and-learning/pts/sleep/>
 - <https://www.suffolk.gov.uk/children-families-and-learning/pts/if/five-tips/>
 - PST Parent workshop on sleep: <https://youtu.be/d6uX8Om0fzA>

Local Support

- <http://www.suffolklocaloffer.org.uk/>
- [PACT | Parents And Carers Together | Suffolk](#)
- [Suffolk Parent Carer Forum](#)
- [SUFFOLK SENDIASS https://suffolksendiass.co.uk/](https://suffolksendiass.co.uk/)
- [Recovery College | Norfolk and Suffolk NHS](#)
- [Suffolk InfoLink | Beans at Access Community Trust](#)
- [Suffolk Family Carers | Support for unpaid family carers](#)
- [Families Together Suffolk | Local Family Charity | Formerly Homestart Mid And West Suffolk](#)
- **School:** tutor, pastoral support, head of year, SENCO
- **Suffolk School Nursing -** [School Nursing Service - Suffolk County Council](#)
- **NSFT Wellbeing services:** you can self-refer to Wellbeing 16 years + www.wellbeingnands.co.uk
- **Emotional Wellbeing Hub:** Information, advice, and support for anyone concerned about the emotional wellbeing and mental health of a child or young person. <http://www.emotionalwellbeinggateway.org.uk/>
- **GP**

- **Recovery College**

Open to all those interested in mental health recovery in Norfolk and Suffolk, the Recovery College provides free educational courses to equip you with the skills and strategies to move on with your recovery and/or to support others.

[Recovery College | Norfolk and Suffolk NHS](#)

- **Discovery college**

The Discovery College offers free educational online courses and webinars on mental health topics for 16 - 25 year olds. The courses and webinars are designed so that 16 - 25 year olds can become an expert in discovering themselves and their self care alongside others their age.

[Discovery College | Norfolk and Suffolk NHS](#)

Psychology in Schools Team: Upcoming LIVE Parent/Carer Workshops

To book onto upcoming childhood neurodiversity workshops delivered by the Psychology in Schools Team:

Childhood neurodiversity: Understanding and supporting sleep difficulties

Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep differences for neurodivergent children, and how parents/carers can support their children with sleep.

27th of January 2025 at 13:00pm: [Book here](#)

Childhood Neurodiversity: Managing Parental Stress

For parents/carers of children aged 0-18 years.

Research suggests that parents of neurodivergent children experience greater stress than parents/carers of neurotypical children. This workshop will explore additional stressors you may encounter as a parent/carer of a neurodivergent child/young person, how to manage parental/carer stress and support your own wellbeing.

25th of February 2025 at 13:00pm – [Book here](#)

Childhood Neurodiversity: Understanding and Supporting Sensory Needs

What are the different sensory systems? What might sensory processing differences look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child/teen's sensory needs.

26th March 2025 at 13:00pm [Book here](#)

To watch previous workshops in this Childhood Neurodiversity series:

- **Childhood neurodiversity what you need to know as a parent/carer**
- Watch here: [Childhood Neurodiversity: What You Need to Know as a Parent/Carer](#)
- **Childhood neurodiversity: supporting social relationships**
- Watch here: [Childhood Neurodiversity: Supporting Social Relationships](#)
- **Childhood neurodiversity: supporting your child's education**
- Watch here: [Childhood Neurodiversity: Supporting Your Child's Education](#)

Previous Series of Childhood Neurodiversity Workshops and Mental Health Parent/Carer Workshops:

Access here: [Parent workshops | Norfolk and Suffolk NHS](#)

To book onto live upcoming workshops for parents/carers on supporting young people with mental health:

www.nsft.uk/workshops Eventbrite