

Sleep resources

- [Sleep and mental health – Mind](#)
- **The Sleep Charity** website www.thesleepcharity.org.uk/information-support/children/
- **The Teen Sleep Hub** Free eBook download about sleep information and advice. <https://teensleephub.org.uk/>
- **National Sleep Helpline 03303 530 541** [National Sleep Helpline - The Sleep Charity](#) confidential service available Mon/Tue/Thurs evening 7-9pm and Mon/Wed morning 9-11am.
- [Supporting your Child or Adolescent with Sleep \(youtube.com\)](#) including advice on managing emotions and supporting teenagers with sleep

Suffolk advice and support

- [Sleep resources - Suffolk County Council](#) Psychology and Therapeutic Services webpage free resources about sleep for children, young people and families.
- [Behaviour support for children with autism and learning disabilities - Suffolk County Council](#) Sleep resources
- **Suffolk Support and self-help guide:** Information about local services for children's emotional wellbeing and mental health. This booklet can be accessed via the following link: <https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
 - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
- **Barnardo's Phonenumber** for advice on emotional/mental health and wellbeing – call 0345 600 2090 option 2
- **Parents and Carers Together (PACT)** support for parents and carers of children and young people with mental health issues. www.parentsandcarerstogether.co.uk Helpline number 07856 038799

Psychology in Schools Team parent/carer workshops

We run regular free online parent/carer workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite www.nsft.uk/workshops or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

The next workshops in the Childhood Neurodiversity series are:

Childhood Neurodiversity: Managing Parental Stress

Tuesday 25th February at 13:00pm – Book here

Childhood Neurodiversity: Supporting Sensory Needs

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

Childhood Neurodiversity: Supporting Planning, Ordering and Remembering

Tuesday 29th April at 13:00pm – [Book here](#)

Childhood Neurodiversity: Supporting Your Child with Low Mood

Wednesday 21st May at 13:00pm – [Book here](#)

The next workshops in our mental health and wellbeing programme are:

- [Supporting your child with anxiety](#)
- [Supporting your child with Obsessive Compulsive Disorder \(OCD\)](#)
- [Supporting your child with Tourette's syndrome/tics](#)
- [Supporting your child to manage big feelings](#)
- [EBSA – Supporting your child to attend school](#)
- [Recorded previous workshops on the NSFT YouTube channel:](#) School avoidance, behaviour, tics and Tourette's, trauma, self-harm, managing stress and more!