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=docm93jijm4n2404
    - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
- **Barnardo's Phoneline** 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

Tuesdau 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!