

Please find further sources of information below:

	Name of service	Telephone Number	Website
Education In the first instance we recommend talking to your child's class teacher, tutor or head of house. Alternatively speaking to the SENCO.	SEND and You	0117 989 7725	www.sendandyou.org.uk
	Special Education Needs Team, North Somerset Council	01275 884470	
	Emotionally Based School Avoidance (EBSA)		www.supportservicesforeducation.co.uk/Page/20029
Sleep	Cerebra		www.cerebra.org.uk/
	Health Visitors	01934 533300	
	School Health Nurses	01934 419339	
	The Sleep Charity		www.thesleepcharity.org.uk
	Teen Sleep Hub		www.teensleephub.org.uk
	The National Sleep Helpline	03303 530 541	
Behaviour It may be worth talking to your child's class teacher, tutor or head of house. Alternatively speaking to the SENCO. This enables you to consider strategies across both home and school.	Health Visitors	01934 533300	
	School Health Nurses	01934 419339	
	Family Wellbeing and Early Help	01275 888808	
	Youth Inclusion Support Project	01275 888360	

	Name of service	Telephone Number	Website
Toileting	Health Visitors	01934 533300	
	School Health Nurses	01934 419339	
	Children's Continence Service (A referral is needed from your G.P)	01934 425718	
Mental Health Including anxiety, low mood. <i>If concerned please go to the G.P or if very concerned that there is an immediate risk to themselves or others go to A&E or call 999.</i>	School Health Nurses #Chathealth available 9-5pm Mon-fri for children aged 11-19 years	01934 419339 07312 263093	
	Kooth		www.kooth.com
	Off the Record		www.otrnorthsomerset.org.uk
	Happy Maps		www.happymaps.co.uk
	CAMHS (A referral is needed from your G.P)		
	Samaritans	116123	
	Wellspring Counselling	01275 810879	
	North Somerset Mental Health and Wellbeing Directory of Services for Children and Young People		Bnssgccg.nhs.net – Search published documents in the library.
ADHD	ADDISS		www.addiss.co.uk
	ADHD foundation		www.adhdfoundation.org.uk
	Sirona Parent ADHD Workshop	0300 125 6205	Sirona.ADHDworkshopbooking@nhs.net
	Adult ADHD	01275 796262	www.awp.nhs.uk/our-services/specialist-services/adult-adhd-service

	Name of service	Telephone Number	Website
Autism and social communication concerns	National Autistic Society		www.autism.org.uk/
	National Autistic Society North Somerset Support Group		Email: northsomerset@nas.org.uk
	Adult Autism Service	01275 796200	www.awp.nhs.uk/our-services/specialist-services/bristol-autism-spectrum-service/bristol-autism-spectrum-service
Sensory Support	OT Sensory Support Line	0797 103 5385	www.nspcwt.org/spd
Local Support services	North Somerset Local Offer (A directory of services and groups in North Somerset)		www.nsod.n-somerset.gov.uk
	Bridging the Gap Together		www.bridgingthegaptogether.org.uk
	North Somerset Parent Carers Working Together Forum		www.nspcwt.org
	Young Minds Parent Helpline	0808 802 5544	
	Home Start - Help for parents with one child under 5 or mum is pregnant		www.home-startnorthsomerset.org.uk
	Disabled Children's Team	01934 888 801	
	Empire Fighting Chance - From 8 years old – Emotional and Behavioural boxing club (Bristol)	0117 233 8700	https://www.empirefightingchance.org/