

RESOURCES

1. Portsmouth:

For Portsmouth we will suggest use of Neurodevelopmental Profiling Tool - The ND profiling tool could be considered to support needs both at home and in school. There is more information about this on the Family Assist platform under the Neurodiversity tab. We also signpost to various local and national resources:

[Family Assist](#) – Neurodiversity tab

[Age 5-11](#) (Resources on: Emotional Regulation, Empathising and Systemising, Attention and Impulse Control, Sensory, Mental Health Support, Flexibility and Adaptability, Energy Levels, Cognitive Abilities, Speech and Language, Motor Skills)

[Age 11-16](#) (Resources on: Emotional Regulation, Empathising and Systemising, Attention and Impulse Control, Sensory, Mental Health Support, Flexibility and Adaptability, Energy Levels, Cognitive Abilities, Speech and Language, Motor Skills)

[Age 16 and over](#) (Resources on: Emotional Regulation, Empathising and Systemising, Attention and Impulse Control, Sensory, Mental Health Support, Flexibility and Adaptability, Energy Levels, Cognitive Abilities, Speech and Language, Motor Skills)

www.portsmouthparentvoice.org

For parents/ carers of a child or young person with an additional or special need and/or disability; aged from 0 – 25 years old.

- Portsmouth Parent Voice (PPV) will assist you to find the right support or service you need.
- PPV aims to have the voice and active involvement of parent carers in the services for children and young people.

www.portsmouthsendiass.info

SENDIASS aims to empower parents/carers, children and young people to play an active and informed role in making decisions about their education, health and social care.

[Autism Hampshire](#) information, support and guidance for adults, young autistic people and their parents, carers, professionals.

[The Girl With The Curly Hair](#) - an organisation that helps people on the autistic spectrum and the people around them via online courses, webinars and animations.

VIDEOS

[Autism Education Trust](#) have created a video celebrating autistic strengths and differences.

[Autistic Young Experts](#) find out about our experiences of being autistic in our everyday lives, why we see autism as a difference and not a deficit, and why you should too!

[Autism & Changes \(5 Tips to manage change MORE effectively\)](#) - This video is for autistic people, with five tips to manage change more effectively.

[What does it feel like to have autism?](#)

[What is sensory processing disorder?](#)

[We're experiencing an empathy shortage but we can fix it together](#) - This video lecture describes how empathy can be learnt and through practicing can help improve their skill.

READING MATERIALS

[Amazon.co.uk Best Sellers: The most popular items in Autism Spectrum Disorder](#) There is a range of books selected for different age groups both fiction and non-fiction which explore the difficulties and strengths associated with ASD.

WELLBEING

[Eating - a guide for all audiences \(autism.org.uk\)](#) The National Autistic Society offers guidance and strategies for support with eating.

[Sleep Problems | Mental Health Support | YoungMinds](#) information and advice if sleep is affecting your functioning.

[The Zones of Regulation](#) website supports with emotional regulation. There are also two apps: Zones of Regulation and Exploring Emotions.

MENTAL HEALTH SUPPORT

Young Minds - Offers free, online and telephone support, including information and advice to any young person (0-25 years) about their emotional problems, behaviour or mental health.

Young Minds also provide expert knowledge to professionals, parents and young people through their Parent Helpline, online resources, training and outreach work.

Telephone for general enquires: 0207 089 5050

Parent's helpline: 0808 802 5544

Text (if in crisis - 24/7 services): YM to 85258.

Website: www.youngminds.org.uk/

[Kooth](#) - This is a digital mental wellbeing support service for young people to access. It is available for all children and young people who live in Portsmouth.

2. Southampton

READING MATERIALS

• Jessica Kingsley www.jkp.com

Carol Gray www.thegraycenter.org

Tony Attwood <http://www.tonyattwood.com.au>

• Aspergers Syndrome – A guide for parents and professionals by Tony Attwood ISBN: 1853025771

• Aspergers and Girls

By Tony Attwood

ISBN: 193256540X

• Can't Eat, won't eat

By Brenda Legge

ISBN: 1853029742

• Just take a bite

By Lori Ernsperger

ISBN: 9781932565126

• Selective Mutism

By Maggie Johnson

ISBN: 9780863882807

- The Blue Bottle Mystery
By Kathy Hoopman ISBN: 9781853029783
- My Brother is Different
By Louise Gorrod and Becky Carvery ISBN: 9781899280506
- My Social Stories ISBN: 1853029505
The New Social Story Book ISBN: 1935274058
By Carol Gray

Autism Hampshire are able to support you and your family and provide you with information and guidance. Our officers have knowledge of Autism and services in Southampton and Hampshire that will be able to support your child's needs.

If you would like to contact the team prior to receiving your letter please contact one of the team on 02380 766162 or alternatively email us at Information.advice@autismhampshire.org.uk

Kooth - This is a digital mental wellbeing support service for young people to access. It is available for all children and young people who live in Portsmouth.

Within **CAMHS** we offer the **Behaviour Helpline Service** which is run by our Behaviour Specialist. If you have any concerns regarding managing challenging behaviour or implementing behaviour strategies and would like to discuss these, then please contact **02381 030061** and request for a call back from this service. There is a demand for this service and call-backs are usually within a week to 10 days. Please not due to this timeframe this is not for urgent contact.

If your concerns are more serious and you would like to speak with a clinician, then please contact **02381 030061** and ask to speak to the **duty clinician** regarding your concerns. We try to return these calls within the same day, however this is not always possible due to demand and may be within a 72hr time frame.

If you believe that your child is at serious risk of harming themselves or others, then please **Call 111 or visit www.111.nhs.uk and speak to the NHS Mental Health Triage Service.** The NHS 111 mental health triage service provides advice, support and guidance, 24 hours a day, seven days a week and the team has a wide range of skills, including on the phone brief psychological support and has access to key services and organisations that can offer mental health support to people in their time of need.

Re: Minds Parent/Carer Support group www.reminds.org.uk or <https://www.facebook.com/groups/reminds> It is a parent led group for families of children with Autism/ ADHD and/or mental health conditions. Founded with mutual support in mind and for families whose children face similar issues to meet up in an informal setting and share knowledge and talk about any issues they are facing. They can offer group training, parent drop-ins and online advice – please look at their website for further details.

NFPP (New Forest Parenting Programme) run by Re: Minds and SCC and offered in person and online is a bespoke parenting programme to support families whose child may have ADHD, with and without a diagnosis. This is offered to families on the wait list for assessment for ADHD and as a first line intervention prior to be accepted onto the waiting list.

3. CPMS East & West

We have lots of information links we give to families - we tailor the advice to the child's difficulties:

Re-minds

Autism Hampshire

SENDIASS

Hampshire Parent and Carer Network

Portsmouth Parent Voice

Family Assist

Portsmouth ND Service