

We understand that this is an unsettling time for all. Below is a list of services that you can contact if you or your child needs support during the school closure.

- Suffolk will be using Activities Unlimited and [Local Offer](#) social media channels to share regular tips, hints and ideas for families with children with SEND at home, so advise parents and carers to sign up.
- Suffolk Parent Carer Network are also providing enhanced support to families at this challenging time. <https://spcn.org.uk/parent-carer-support/>

The Emotional Wellbeing hub

The Emotional Wellbeing Hub provides information, advice, and guidance if you are worried about the emotional wellbeing and mental health of a child or young person aged 0-25 years. Or if you are a young person who needs emotional wellbeing support.

Due to the Covid-19 outbreak they are only able to deliver a duty service providing support, advice and onward referral to service users who are at greatest risk.

Consultation helpline: 0345 600 2090, available Monday – Friday from 8am to 7:30pm.

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=Nh2oJw7Qg4I>

The School Nursing Team

<https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing/>

Within Suffolk, the School Nursing teams are part of the Health and Children's Centre Service. They provide a range of services to help you and your family stay safe, happy and healthy.

0345 607 8866 or via Chat Health

Young Minds

<https://youngminds.org.uk>

Tips that may help if you are self-isolating or social distancing because of COVID-19

Headspace

<https://www.headspace.com>

Guided meditation and mindfulness

Autism & ADHD

<https://www.autismandadhd.org>

Are still available to book 1:1 support session via Skype or whats app facetime or you can sign-up for weekly videos and friendly support.

Contact info@autismandadhd.org

Supporting Speech, Language and Communication

<https://speechandlanguage.info/parents>

A new **Parent Portal** to support children's speech, language and communication needs, will be live from Friday 20th March and will provide parents with FREE speech and language advice, resources and activities.