SEND Parent/Carer links

Teen Mental Health

<https://www.mytutor.co.uk/blog/parents/teen-mental-health-a-guide-for-parents/>

NHS CHOICES – [**https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/children-and-young-peoples-mental-health-services-cypmhs/**](https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/children-and-young-peoples-mental-health-services-cypmhs/)

SUNDERLAND SENDIASS – [**https://www.sunderland.gov.uk/sen**](https://www.sunderland.gov.uk/sen)

Sunderland CAMHS – [**https://www.sunderlandcommunitycamhs.nhs.uk/**](https://www.sunderlandcommunitycamhs.nhs.uk/)

CYPS – [**https://www.cntw.nhs.uk/services/children-young-peoples-service-south-tyneside-sunderland/**](https://www.cntw.nhs.uk/services/children-young-peoples-service-south-tyneside-sunderland/)

Autism Outreach Team – [**https://www.sunderlandaot.co.uk/**](https://www.sunderlandaot.co.uk/)

North East Autism Society – [**https://www.ne-as.org.uk/?gclid=EAIaIQobChMIlbaS5-KO7wIVVevtCh11-ApWEAAYASAAEgLUKPD\_BwE**](https://www.ne-as.org.uk/?gclid=EAIaIQobChMIlbaS5-KO7wIVVevtCh11-ApWEAAYASAAEgLUKPD_BwE)

National Autism Society – [**https://www.autism.org.uk/what-we-do/help-and-support/parent-to-parent**](https://www.autism.org.uk/what-we-do/help-and-support/parent-to-parent)

British Dyslexia Association – [**https://www.bdadyslexia.org.uk/dyslexia**](https://www.bdadyslexia.org.uk/dyslexia)

Dyslexia North East – [**https://dyslexiane.org.uk/about/**](https://dyslexiane.org.uk/about/)

Sunderland Speech & Language – [**https://www.stsft.nhs.uk/services/childrens-and-young-peoples-services/childrens-speech-and-language-therapy-service**](https://www.stsft.nhs.uk/services/childrens-and-young-peoples-services/childrens-speech-and-language-therapy-service)

NSPCC – [**https://www.nspcc.org.uk/**](https://www.nspcc.org.uk/)

ADHD Foundation – [**https://www.adhdfoundation.org.uk/**](https://www.adhdfoundation.org.uk/)

Parents Action for Children – [**https://parents.actionforchildren.org.uk/**](https://parents.actionforchildren.org.uk/)

Sunderland MIND – [**http://www.sunderlandmind.co.uk/**](http://www.sunderlandmind.co.uk/)

Washington MIND – [**https://washingtonmind.org.uk/**](https://washingtonmind.org.uk/)

Challenging Behaviour Foundation – [**https://www.challengingbehaviour.org.uk/**](https://www.challengingbehaviour.org.uk/)

Positive Approaches – [**https://www.positiveapproachestosupport.co.uk/**](https://www.positiveapproachestosupport.co.uk/)

Anna Freud National Centre for Children and Families – [**https://www.annafreud.org/parents-and-carers/**](https://www.annafreud.org/parents-and-carers/)