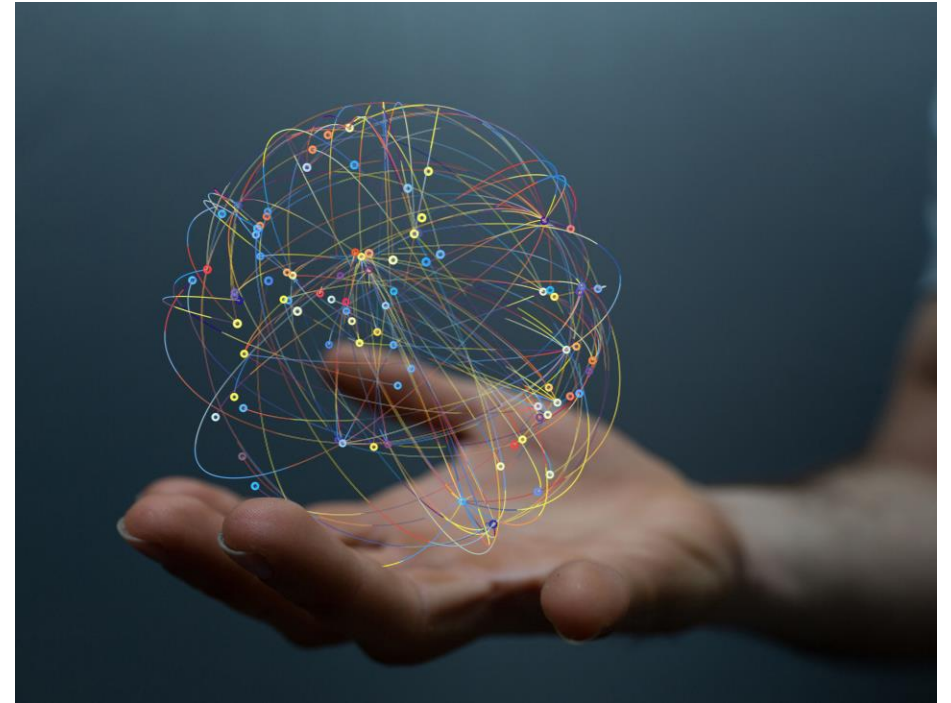


Resources for Parents and Carers

This short resource aims to signpost families to information and sources of support that are both local and national



Sources of Support

- Surrey Wellbeing and Support Services: [Local Services | Healthy Surrey](#)
- Contact local Mindworks Service – this is the local Children and Young People’s Mental Health Service <https://www.mindworks-surrey.org/our-services/access-and-advice>
- PAPYRUS - Prevention of Young Suicide [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)
- PAPYRUS HopeLine 0800 068 4141
- There are options to text or chat online

Sources of Support and Information in Surrey

- National Autistic Society (NAS) Surrey Branch <https://nassurreybranch.org/>
- Family Voice
- <https://familyvoicesurrey.org/>
- Family Voice Surrey champions the needs and rights of SEND families in Surrey: families with children or young adults up to the age of 25 who have special educational needs, chronic illnesses, including mental health conditions, or disabilities. Challengers
- SEND ADVICE <https://www.sendadvicesurrey.org.uk/>

Sources of Support

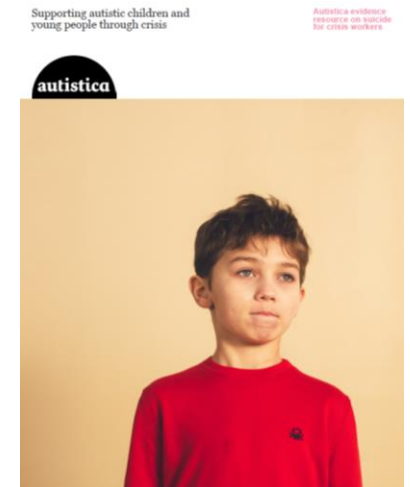
- Shout 85258 <https://giveusashout.org/> 24/7 text service
- Samaritans Tel:116 123
- safeTALK training <https://prevent-suicide.org.uk/training/safetalk/>
- This is a training course for professionals and family carers to assist in keeping people safe if they are feeling suicidal

Support for Young People

- Campaign Against Living Miserably
- <https://www.thecalmzone.net/> 0800 585858 also a text and web chat service
- This is aimed at young men who are at risk of suicide
- ARFID Awareness UK <https://www.arfidawarenessuk.org/>
- ARFID means Avoidant/Restrictive Food Intake Disorder and may be present from the age of 2 years

Supporting Autistic Children and Young People

- Read Autistica's Supporting autistic children and young people through crisis:
- [Crisis-resource-2020.pdf \(autistica.org.uk\)](https://autistica.org.uk/crisis-resource-2020.pdf)
- There is advice on how to support an autistic child in crisis



Further Sources of Support for Children

- <https://www.childline.org.uk/get-support/> Tel: 0800 1111
- Childline
- Coping Kit
- <https://www.childline.org.uk/toolbox/coping-kit/>
- There are options to email or have a chat
- SIBS - a charity supporting brothers and sisters of disabled children across the UK <https://www.sibs.org.uk/>

Getting Support for Family Carers

- Excellent article full of practical tips on supporting your child if you are an autistic parent
- <https://www.dralicenicholls.com/how-to-parent-in-autistic-burnout/>
- [Online community for parents and carers | Ambitious about Autism](#)
- Local Support through Family Voice
- <https://familyvoicesurrey.org/>

Support for Working Parents and Carers

- Working Families is a national charity supporting working parents and carers
- <https://workingfamilies.org.uk/>
- They have information and advice, as well as campaigning for better support for working parents and carers

Short Break Services in Surrey

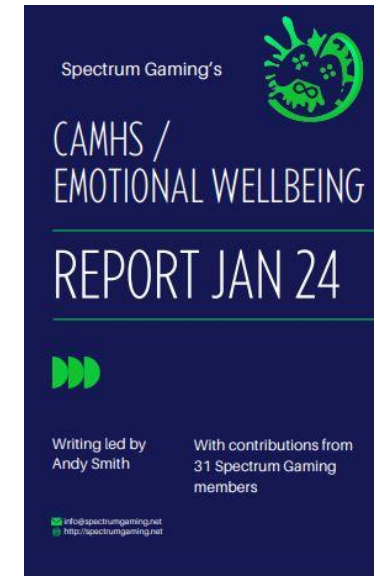
- Check to see if you're entitled to a parent or carer assessment through your local council
- Getting short break services – see Surrey Short Breaks information
- <https://www.surreycc.gov.uk/children/support-and-advice/children-with-disabilities/surrey-short-breaks-for-disabled-children>
- Contact the Family Information Service to find out what is available
- <https://www.surreycc.gov.uk/children/support-and-advice/families/support-and-advice>
- Look at the Surrey Local Offer
- <https://www.surreylocaloffer.org.uk/parents-and-carers/help-and-support/childrens-services>

Mental Health Charities

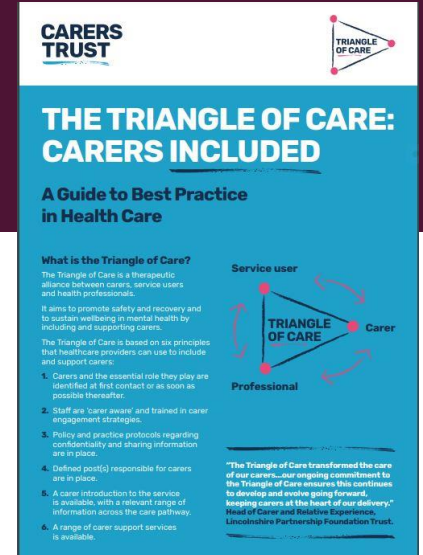
- This link to MIND take you to resources pages to support your family member
- <https://www.mind.org.uk/information-support/helping-someone-else/>
- Rethink Mental Illness
- <https://www.rethink.org/>
- <https://www.rethink.org/help-in-your-area/services/>

Spectrum Gaming Report on CAMHS

- This report with recommendations for supporting children and young people who are autistic with their mental health is written by young people who are autistic and share their lived experience. It is full of positive suggestions and advice
- CAMHS means Children and Adolescent Mental Health Services



What is The Triangle of Care?

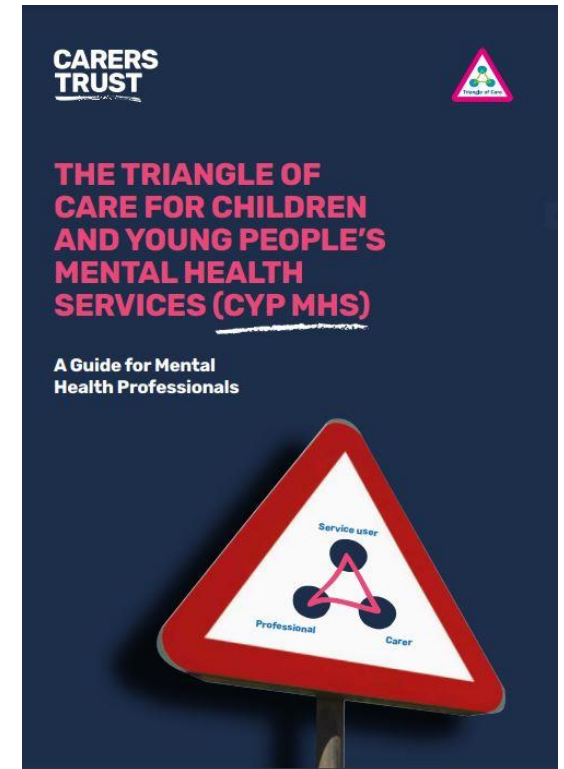


- Be aware of the The Triangle of Care
- [https://carers.org/downloads/triangle-of-care-a4-2pp-leaflet-\(health-care\)-web-pink.pdf](https://carers.org/downloads/triangle-of-care-a4-2pp-leaflet-(health-care)-web-pink.pdf)
- It is a therapeutic alliance between carers, service users and health professionals
- It aims to promote safety and recovery and to sustain mental wellbeing
- Including carers as a vital part of the caring support

Triangle of Care for Children and Young People's Mental Health Services

<https://carers.org/resources/all-resources/66-the-triangle-of-care-for-children-and-young-peoples-mental-health-services-a-guide-for-mental-health-professionals-/1000>

Click on the link above to download the resource

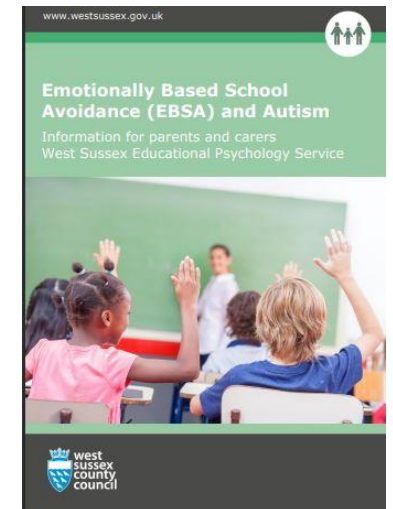


Autistic Parents

- Parents may also be autistic
- “A further consideration is the potential presence of autistic traits in parents. Autistic traits have been reported to be present in around one in five parents of autistic children, while these traits have been found in one in twenty parents who do not have autistic children” (Bora et al., 2017).
- There is also evidence that parents of autistic children and young people may have greater mental health needs themselves compared with other parents whose children may have physical or learning disabilities
- Source: Autistica’s Supporting autistic children and young people through crisis
- Autistic Parents UK an online support group for autistic parents
<https://www.autisticparentsuk.org/>

Resources on Schooling

- “Walk in my shoes” - this video gives an insight on the challenges of being autistic in school from the perspective of a young autistic person
- <https://www.youtube.com/watch?v=KSKvazfTLv8>
- Click on link to West Sussex Emotionally Based School Avoidance Resources
- [Emotionally Based School Avoidance | West Sussex Services for Schools](#)
This gives some excellent tools for families to use, as well as for professionals
- Includes planning for return to school.
- IPSEA Independent Special Educational Advice <https://www.ipsea.org.uk/>
- This has a helpline, advice and information and many resources



Supporting Young Autistic People Who Are Experiencing Bullying

- “Autistic and OK” Toolkit from the Ambitious about Autism Website
- <https://www.ambitiousaboutautism.org.uk/information-about-autism/in-education/bullying>
- This has been developed through peer support
- National Autistic Society – a guide for parents and carers
- <https://www.autism.org.uk/advice-and-guidance/topics/bullying/bullying/parents>
- Anti-Bullying Alliance <https://anti-bullyingalliance.org.uk/>
- Young Minds <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/>

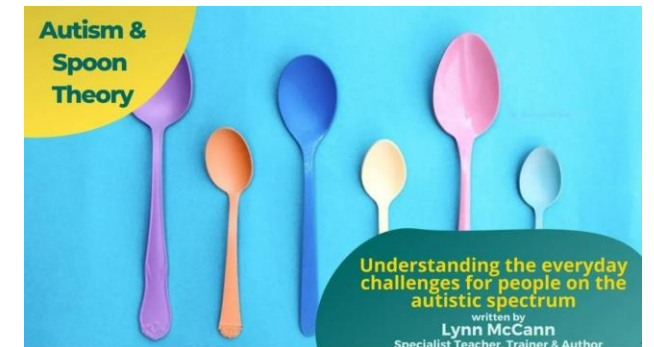
Some Additional Sources of Information on Autistic Burnout

- The article uses a gaming analogy from Spectrum Gaming to help young people understand what burnout is and what they can do about it
- <https://autismunderstood.co.uk/struggling-as-an-autistic-person/autistic-burnout/>

- Spoon Theory

- <https://www.edpsyched.co.uk/blog/autism-spoon-theory>

- This link to an article provides a clear explanation of autistic burnout and managing energy levels



Self-Harm and Self Injury

- Young Minds Parents Guide if your child self-harms
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>
- Calm Harm free app to help support a young person who self-harms - available on App Store
- Self-injurious behaviours fact sheet for children who have learning disabilities and autism
- <https://www.challengingbehaviour.org.uk/wp-content/uploads/2023/01/006-Self-injurious-behaviour.pdf>

Trauma

- Anna Freud offers training for professionals and has resources on trauma on their site <https://www.annafreud.org/>
- RESPOND supports people with learning disabilities or autism - will require funding to be agreed from local authority or Integrated Commissioning Board
- Surrey Mindworks – information on services for children and young people’s mental health
- <https://www.mindworks-surrey.org/i-am-parentfamily-membercarer>
- There is a list of private clinicians given on that site for families if they wish to explore that route

Impacts of Social Media on Autistic Children

- National Autistic Society – the web page reflects on the positives and the negatives of social media
- <https://www.autism.org.uk/advice-and-guidance/professional-practice/autism-internet>
- NSPCC - advice aimed at all children
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Suicide Bereavement Support Services

- Survivors of Bereavement by Suicide - they offer a National Helpline plus can link people to local support groups: Call 0300 111 5065
- They offer peer support to adults, local groups, and email support plus online forums
- Winston's Wish – supports bereaved children
- <https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/suicide-bereavement-support/>
- Jigsaw South East – supports families after bereavement:
- <https://www.jigsawsoutheast.org.uk/>

Resources for suicide prevention and bereavement

- A resource for families seeking bereavement support in Surrey and North-East Hampshire
- <https://www.sabp.nhs.uk/our-services/advice-guidance/suicide-prevention/finding-your-way>
- <https://www.sabp.nhs.uk/our-services/advice-guidance/suicide-prevention>



Finding Bereavement Support

- AtaLoss <https://www.ataloss.org/>
- A national organisation helping bereaved people find support and well-being. They have a specific section on suicide support services
- Grief Encounter supports children and young people who are bereaved <https://www.griefencounter.org.uk/>

