



Parent/Carer Resource

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Wellbeing



We hope these suggestions might be beneficial to you.
Please let us know if you would like to add something that you would recommend to other parent/carers.

Local Support Groups & Services

Autism Central

<https://www.autismcentral.org.uk/>

Essex Carers Support

<https://www.essexcarerssupport.org.uk/>

Essex Family Forum

<https://essexfamilyforum.org/>

Young Carers

<https://youth.essex.gov.uk/young-people/young-carers/>

Action For Family Carers

<https://affc.org.uk/services/adult-carers/>

Home Start Essex

<https://home-startessex.org.uk/>

BOSP Brighter Opportunities for Special People

<https://www.bosp.co.uk/community/bosp-brighter-opportunities-for-special-people-13333/home/>

Essex Child and Family Wellbeing Service

<https://essexfamilywellbeing.co.uk/>

Extra Support for Families

<https://www.extrasupportforfamilies.co.uk/>

Essex Carers Network

<https://www.essexcarersnetwork.co.uk/>

SEN Club

Facebook @SENClub2024

Seek Treatment

Mental Health Self Referral

<https://www.hpft-talkingtherapies.nhs.uk/service/mid-essex>

MIND

Mid/NE Essex <https://mnessexmind.org/>

West <https://www.mindinwestessex.org.uk/>

South/Central <https://www.secemind.org.uk/>

Know your rights and seek advice

Essex SENDIASS

<https://www.essexsendiass.co.uk/>

Citizens Advice

<https://citizensadviceessex.org.uk/>

Families InFocus Essex

<https://www.familiesinfocusessex.org.uk/>

Contact for Carers

<https://contact.org.uk/>

SNAP Charity

<https://www.snapcharity.org/>

<https://www.snapcharity.org/directory/>

Essex Local Offer

<https://send.essex.gov.uk/>

IPSEA

<https://www.ipsea.org.uk/>

Short Breaks

Essex Shortbreaks

<https://shortbreaks.essex.gov.uk/>

Happy Hill Essex

<https://www.happyhillessex.com/>

ABA Pathways

<https://abapathways.co.uk/>

POP Essex

<https://pop-essex.org/>

Interact

<https://www.interact.org.uk/>

SEND Sensation

<https://sendsensation.co.uk/>