

Support available

ADHD Foundation

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

Our team understand first-hand the issues around ADHD, sharing their experience and providing skill support and encouragement.

ADDISS

<http://www.addiss.co.uk/>

The National Attention Deficit Disorder Information and Support Service.

We provide people-friendly information and resources about Attention Deficit Hyperactivity

Additude

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

Articles and support

Sleep council

<https://sleepcouncil.org.uk/getting-a-good-night-sleep-for-children/>

Practical tips and advice on sleep hygiene and all the latest research.

NSPCC

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

National support, you can access advice around children's behaviour and how to keep them safe. Links to support for adults and children.

Young Minds

<https://youngminds.org.uk>

Advice and support for families and teenagers.

Bridge the Gap

A mental health organisation that supports the emotional wellbeing/mental health of children and parents.

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

Sibling support

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

Website dedicated to supporting siblings, they offer lots of practical advice and support.

Support workers available for online chats and online chats with other siblings. (registration required)

Kooth

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

Helpful articles, personal experiences and tips from young people and our Kooth team.

“Chat to our helpful team about anything that’s on your mind. Message us or have a live chat.”

Free, Safe and anonymous

Qwell

<https://www.Qwell.io>

Online mental health support service for adults useful articles.

Samaritans

www.samaritans.org/samaritans/contact-us

Get in Touch About Anything That’s Troubling You No Matter How Big or Small the Issue Is. We're Here to Help You Work Through What's on Your Mind. Call Us on Our Free Number. 24/7 Confidential Support. [Call Us Free On 116 123](tel:116123). You Talk, We Listen.

Childline

www.childline.org.uk/

Get help and advice about a wide range of issues, [call us on 0800 1111](tel:08001111), talk to a counsellor online, send Childline an email or post on the message boards

Family Fund

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

Provide one off grants for household items and holidays

Disability Living allowance

<https://www.gov.uk/disability-living-allowance-children>

Money for children who may need extra support to access everyday tasks. Different rates paid.