

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Help for Parents	This May Help	Videos for parents and young people for advice on all aspects of mental health.	https://thismayhelp.me/
	ESCC Open for Parents www.openforparents.org.uk/top-10-tips-for-parents/	Open for Parents/Carers provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.	Tel: 01424 725800 Email: EH.0-19parentingteam@eastsussex.gov.uk
	The Triple P Program	The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses Support is available in a wide range of places, including schools and local community venues.	Tel: 01424 725800 Email: EH.0-19parentingteam@eastsussex.gov.uk
	ADHD Support group (St. Leonards)	Support group meeting every other Monday at the Y Centre - 6.30pm to 8pm. Members from 16 years plus who have a diagnosis of ADHD (must be accompanied) Members from 16 years plus who suspect they have ADHD by parent/carer) Adults who are supporting someone with ADHD, including children with a diagnosis Adults with ADHD and a co-existing disorder such as autism. The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!	Facebook page: https://www.facebook.com/Y-Centre-YMCA-Hastings-UK Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS

	Family Lives	Support, guidance and forums for parents and carers.	www.familylives.org.uk/ 24/7 helpline: 0808 0800 2222 email: askus@familylives.org.uk
	Holding pace	They offer parent/ carer peer support to families whose children are struggling with their mental health.	https://www.holdingspace.org.uk/