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| --- | --- | --- | --- | --- | --- |
|  | |  | PTS logoFurther Support | | |
|  | |  |  | | |
| The following are resources for further support, advice, or information for parents. | | |  | Charities for wellbeing support:  **NSPCC**   <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>  **Mind**  <https://www.mind.org.uk/>  **Mencap**  <https://www.mencap.org.uk/advice-and-support/children-and-young-people>  **Family Lives**  <https://www.familylives.org.uk/>  Suffolk Services:  **Early Help Referral Information:**  <https://www.suffolk.gov.uk/children-families-and-learning/common-assessment-framework-caf/common-assessment-framework-caf-referral>  **Suffolk Parent Carer Forum**  <https://suffolkpcf.co.uk/>  **The parent hub**  <https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/parent-hub>  **SENDIASS (***independent advice and support service, free confidential and impartial advice about SEND for children, young people, parents and carers).*  <https://suffolksendiass.co.uk/>  **NFST parent workshops**  <https://www.nsft.nhs.uk/parent-workshops> | |

Fu Further information: 

**Anna Freud**

<https://www.annafreud.org/parents-and-carers/>

**Somerset Educational Psychology Service- EBSA**

<https://www.supportservicesforeducation.co.uk/Page/19956>

**IPSEA (Independent Provider of Special Education Advice)**

<https://www.ipsea.org.uk/school-anxiety>

**West Sussex parent / carer guidance**

<https://westsussex-local-offer.s3.amazonaws.com/public/system/attachments/1089/original/WS32054A_Parents-Emotionally_Based_School_Avoidance_EBSA.pdf>

**Ed Psych Ed – Parent Hub**

<https://www.edpsyched.co.uk/parent-hub>

**SquarePeg**

<https://www.teamsquarepeg.org/about>

**Not fine in School (parent-led organisation)**

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

Autism and EBSA information:

[Walk in My Shoes - The Donaldson Trust (donaldsons.org.uk)](https://www.donaldsons.org.uk/walk-in-my-shoes/)

<https://www.autismeducationtrust.org.uk/parents>

[Sharing EP Practice: EBSA and Autism - What Can Schools Do? (edpsyched.co.uk)](https://www.edpsyched.co.uk/blog/sharing-ep-practice-exploring-the-constructs-of-autistic-young-people-experiencing-emotionally-based-school-avoidance)

**National Autistic Society** <https://www.autism.org.uk/>

Books:

Understanding & Supporting Children & Young People with Emotionally Based School Avoidance (EBSA)- Tina Rae (2020)

Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents- Cathy Creswell and Lucy Willetts (2019)

Starving the Anxiety Gremlin- Kate Colins- Donnelly