

Families in Focus

<http://www.familiesinfocussessex.org.uk/>

An independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 25) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis.

SENDIASS

<http://www.essexlocaloffer.org.uk/listing/send-information-advice-and-support-service/>

The Essex SEND IAS Service (Special Educational Needs and Disabilities Information Advice and Support Service) is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND).

Special needs Jungle

<https://www.specialneedsjungle.com>

Parent led information, resources and informed opinion about children and young people aged 0-25

Young Minds

http://www.youngminds.org.uk/for_parents/worried_about_your_child/adhd_children?gclid=CIH_yOyA5bICFUbMtAodVTQASQ

Young Minds offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

MENCAP

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

Mencap is the UK's leading learning disability charity working with people with a learning disability and their families and carers.

National Autistic Society

<http://www.autism.org.uk/>

The NAS exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs.

I CAN

<http://www.ican.org.uk/>

I CAN is the charity that helps children with speech and language difficulties across the UK. The charity works to create a society where their special needs are recognised, understood and met, so that they have the same opportunities in life as other children.