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| Autism Resources | | | |
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| Autism Unlocked | Online resource for autistic people and their families for guidance on a range of issues. | https://lsc.autismunlocked.co.uk/ |  |
| Greater Manchester Autism Consortium and GM Autism | Online resource offering guidance on a range of autism-related topics. Information about area-specific services available within Greater Manchester. | https://autismgm.org.uk/ |  |
| National Autistic Society | Online resource offering advice and guidance on a range of autism-related topics. | https://autism.org.uk/ |  |
| Autism Central | Offers families education, coaching, and connection through online resources, one-to-one peer support, and community/online events. | https://www.autismcentral.org.uk/ |  |
| Spectrum Gaming | Online community for autistic young people with option of in person meetups too | https://www.spectrumgaming.net/ |  |
| Autistic Girls Network | Charity supporting girls with ASD | www.autisticgirlsnetwork.org |  |
| The A World UK CIC | Non-profit organisation dedicated to supporting the autistic community. Organise autism-friendly takeover events, funded holidays, and over 40 community stores. | https://www.theaworlduk.com/ |  |





Resources

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| Autism Understood | Support for those with ASD to understand their diagnosis and themselves more effectively. | https://autismunderstood.co.uk/ |  |
| Molehill Mountain | App to help children and young people with autism self-manage anxiety | https://www.autistica.org.uk/molehill-mountain |  |
| Child Autism UK | Helpline offering support and advice for families and schools on a range of topics. | https://www.childautism.org.uk/ 01344 882248 |  |
| I AM Autism | Support for autistic community of Greater Manchester. Includes social activities for those over 10, 1-2-1 and parent/carer support. | https://i-am-autism.org.uk/ 0161 866 8483 enquiries@i-am-autism.org.uk |  |
| Autism@Manchester | Opportunities to volunteer in autism research/take part in Expert by Experience Advisory Group. | https://www.autism.manchester.ac.uk/connect/get-involved/ |  |

Resources

| ADHD Resources | | | |
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| ADDitude | Online magazine providing information about ADHD. | https://www.additudemag.com/ |  |
| ADHD Aware | Online advice and parental support meetings over zoom. | https://adhdaware.org.uk/adhd-support-group-meetings/adhd-support-group-parents-children-and-young-people/ admin@adhdaware.org.uk |  |
| ADHDUK | Advice and support for parents and children with ADHD. | https://adhduk.co.uk/ https://www.facebook.com/groups/adhdukparents/ |  |
| Methylphenidate for ADHD | Medication information for parents and carers. | https://www.medicinesforchildren.org.uk/wp-content/uploads/sites/8/2021/08/Methylphenidate-for-attention-deficit-hyperactivity-disorder-ADHD.pdf |  |
| Royal College of Psychiatrists | Information for parents about ADHD. | https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/ADHD-in-young-people |  |
| ADHD Reading List | List of books available for parents/young people to learn more about ADHD. | https://uk.jkp.com/collections/adhd-neurodiversity |  |




Resources

| Sleep Difficulty Resources | | | |
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| The Sleep Charity | Online sleep advice for children and parents | https://thesleepcharity.org.uk/information-support/children/ |  |
| The Teen Sleep Hub | Online sleep advice for teenagers and parents | https://teensleephub.org.uk/ |  |
| The National Sleep Helpline | Chat directly with a trained sleep advisor who can offer confidential advice. | 03303 530 541 Mon, Tues, Thurs 7pm-9pm Mon & Wed 9am -11am | |
| Cerebra | Sleep advice for children with brain conditions | https://cerebra.org.uk/get-advice-support/sleep-advice-service/ |  |
| Sheffield Children's NHS Foundation Trust | Online sleep advice resources for children and young people. | https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/autism-home/autism-support/sleep/ |  |







Resources

| Sensory Resources | | | |
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| Redbank House Sensory Room | Book a multi-sensory room in Manchester. | https://www.redbankhouse.com/multi-sensory-rooms/ |  |
| Growing Hands On Kids | Online resource providing information about sensory processing difficulties. | https://www.growinghandsonkids.com/ |  |
| Cerebra | Sensory Toy List – Can borrow toys for up to 28 days. | https://cerebra.org.uk/download/library-list-sensory-toys/ |  |
| Humber Sensory Processing Service | Online resources offering advice and strategies to help with a wide variety of sensory processing sensitivities. | https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/resources/ |  |

Resources

| Eating Resources | | | |
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| ARFID Awareness UK | Advice on avoidant and restrictive food intake disorder | https://www.arfidawarenessuk.org |  |
| BEAT Eating Disorders | Advice on avoidant and restrictive food intake disorder/other eating disorders, online support group and helpline | https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/ 0808 801 0677 help@beateatingdisorders.org.uk |  |
| Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust | Support for Avoidant Restrictive Food Intake Disorder | https://www.cntw.nhs.uk/resource-library/support-for-avoidant-restrictive-food-intake-disorder-arfid/ |  |


Resources

| Special Educational Needs & Disability | | | |
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| Contact | Support for families with disabled children | https://contact.org.uk/ |  |
| Manchester Local Offer (Manchester City Council) | Local support and drop ins for children and young people with special educational needs and/or disability | https://hsm.manchester.gov.uk/kb5/manchester/directory/localoffer.page?localofferchannel=0 localoffer@manchester.gov.uk 0161 219 2125 |  |
| SENDIASS Manchester | Special Educational and Disability Information, Advice and Support Service | https://www.iasmanchester.org/#SENDIASS sendiass@manchester.gov.uk info@manchester.org 0161 209 8356 |  |
| Manchester Parent Carer Forum | Represents the 'voice' of parents and carers of children and young people aged 0-25 with Special Educational Needs and Disabilities (SEND). A group of volunteer parents and carers who work with providers to make sure local services meet the needs of Manchester families | https://manchesterparentcarerforum.org.uk/ 07874802540 |  |
| Kids.org | Information and advice about special educational needs | https://www.kids.org.uk/guides/understanding-special-educational-needs/ |  |
| SOS!SEN | Charity offering independent legally-based advice on SEN to parents and carers | https://sossen.org.uk/ 020 8538 3731 |  |

Resources

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| British Dyslexia Association | Information and support for dyslexia and dyscalculia | https://www.bdadyslexia.org.uk/ Helpline: 0333 405 4567 |  |
| Helen Arkell Dyslexia Charity | Free information and advice Also offer consultation, courses and tuition at cost | https://helenarkell.org.uk/ enquiries@helenarkell.org.uk 01252 792 400 |  |
| Movement Matters | Information about developmental coordination disorder/dyspraxia and accessible summaries of research findings | https://movementmattersuk.org/what-is-developmental-coordination-disorder-dyspraxia/ |  |
| Raising Awareness of Developmental Language Disorder (RADLD) | Website to learn more about DLD, access resources and find out how to raise awareness | https://radld.org/ |  |

Resources

| Adverse Childhood Experiences & Trauma | | | |
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| Young Minds | Information about trauma and how to support child/young person | https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/trauma/#Whatistrauma |  |
| Very Well Mind | Information explaining adverse childhood experiences | https://www.verywellmind.com/what-are-aces-adverse-childhood-experiences-5219030 |  |
| NHS Scotland | Video explaining adverse childhood experiences | https://www.youtube.com/watch?v=VMpli-4CZK0 |  |
| FASD Greater Manchester | Parent/carer led group for those with children prenatally exposed to alcohol | https://fasdgreatermanchester.co.uk/ Info@FASDGreaterManchester.co.uk 07471 212076 |  |
| Greater Manchester FASD Network | Information about FASD and local network of parents, carers, professionals and voluntary organisations | https://gmfasdnetwork.info/ |  |




Resources

| General Mental Health Support | | | |
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| Manchester Mind | Support and advice for young people (15-25) struggling with mental health | https://www.manchestermind.org/our-services/cyp/ 0161 769 5732 |  |
| 42 nd Street | Local support and advice for young people's (11-25) emotional health and wellbeing, including 1:1 support and groups | https://www.42ndstreet.org.uk/ TheTeam@42ndstreet.org.uk 0161 228 7321 (Mondays, Wednesdays and Fridays 1-5pm) |  |
| Shout | Free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope | https://giveusashout.org/ Text 'shout' to 85258 |  |
| Childline | Free support and counselling for children online or over the phone | https://www.childline.org.uk/ 0800 1111 |  |
| Young Minds | Guides on various mental health conditions, mental health services and more for young people and parents | Young People: https://www.youngminds.org.uk/young-person/ Parents: https://www.youngminds.org.uk/parent/ Helpline: 0808 802 5544 |  |
| Calm Harm App | Free app for young people 13+ to manage urges to self-harm | https://calmharm.stem4.org.uk/ |  |
| Kooth | Free, anonymous support for young people (11-25) | https://www.kooth.com/ |  |



Resources

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| Papyrus Prevention of Young Suicide | 24/7 'hopeline', safety planning and support for young people with suicidal thoughts and people worried about them | https://www.papyrus-uk.org/ Helpline: 0800 068 4141 Text: 88247 Email: pat@papyrus-uk |  |
| Happy Maps | Support and information for parents, children and young people | https://www.happymaps.co.uk/ |  |
| MindEd | Free educational resource on children, young people and adult mental health | https://www.minded.org.uk/ |  |
| Get Self Help | Free Cognitive Behaviour Therapy self-help resources for range of mental health conditions | https://www.getselfhelp.co.uk/self-help/ |  |

Resources

| Speech, Language & Communication | | | |
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| Speech and Language UK | Charity dedicated to helping children with speech, language and communication difficulties. Free resources and support for families and training for educators. | https://speechandlanguage.org.uk/ 020 7843 2510 Info@speechandlanguage.org.uk |  |
| BBC: Tiny Happy People | BBC initiative that aims to support parents and carers in developing the language and communication skills of 0-4 year old children. Now also includes range of additional parenting topics. | https://www.bbc.co.uk/tiny-happy-people |  |
| Ace Centre | Charity providing Assistive Technology and Augmentative and Alternative Communication services for children and adults with complex needs. Offer assessment, training and information. | https://acecentre.org.uk/ 0800 080 3115 |  |
| Michael Palin Centre for Stammering | Information and support about stammering in children, young people and | https://michaelpalincentreforstammering.org/ Helpline: 020 3316 8100 mpc.admin@nhs.net |  |

Resources

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| | adults. Have helpline and also offer NHS/charity-funded assessments for anyone in UK (clinic based in London) | | |
| National Literacy Trust | Charity that empowers children, young people and adults with essential literacy skills to succeed in life. | https://literacytrust.org.uk/ |  |
| Afasic | Information and support for families with children who have speech and language and communication needs, including developmental language disorder. | https://afasic.org.uk/ Parent Helpline: 0300 666 9410 (Monday & Wednesday 10.30am-4pm) |  |