



Signposting for parent/carers seeking support at home

Below are support options for families/carers of Autistic children and young people and those with ADHD, including those on diagnosis pathways.

GP

Talk to your family GP about what is happening for you and your child.

School/Setting

Talk to your child's **class teacher** or **SENCo** or someone else in the school or setting.

Family First helpline

This service, run by East Sussex County Council, is for professionals and families providing consultation, information and guidance where there are emerging needs.

Phone: 01323 46 46 55

Monday to Thursday: 8.30am to 5pm, Friday: 8.30am to 4.30pm

Parenting Team

This service is run by East Sussex County Council and offers:

- Talking to them on the phone for advice
- Joining online groups or webinars with other parents and carers
- Attending face-to-face sessions to get support in person

The Team supports parent/carers of children from birth to 19 years old.

Phone: 01424 725800

Email: EH.0-19parentingteam@eastsussex.gov.uk

Amaze

Amaze SENDIASS is the Special Educational Needs and Disability (SEND) Information, Advice and Support Service for East Sussex and Brighton & Hove. Amaze SENDIASS is funded by East Sussex County Council and Brighton & Hove City Council to offer impartial and confidential information, advice and support on anything to do with SEND including education, health and social care. The service is for children and young people with SEND up to 25 who live or go to school in East Sussex and Brighton & Hove, and their parents and carers.

Amaze SENDIASS provides information, advice and support in the following ways:

- A website and resources so you can find things out for yourself
- A telephone and email advice line for more tailored information
- Online workshops for more in depth understanding of key topics like support in school and Education Health and Care Plans. Free, online, regular. See the [Events page](#) for the next dates and how to book
- Follow-up advice calls for more complex issues
- Young people (13-25) can ask for one to one advice from the Young People's Worker
- The ND Family Support Service takes referrals from families or professionals using the [ND Family Support - Amaze Sussex](#) link for the referral form and more information

The advice line is open Monday to Friday, 9am to 5pm.

Email sendiass@amazesussex.org.uk or leave a voicemail on 01273 772289. Parents can also ask for help by completing a [registration form](#) on the website.

Holding Space

Holding Space offers parent peer support to families whose children are struggling with their mental health. They offer a safe, confidential, non-judgemental space for parents to come together where parents can connect, chat and be supported.

They run informal coffee mornings and evenings which are facilitated by parents with lived experience. They have information on local and statutory organisations that can offer support and advice and can signpost to these. They run workshops on mental health and well-being so that they can empower parents to manage their own mental health and those around them.

Phone: 01323315005

Email: hello@holdingspace.org.uk

Website: <https://holdingspace.org.uk/events/>

Family Hubs

Family Hubs have a range of services on offer including activities, online courses and sensory rooms. Find your nearest Family Hub here [About family hubs | Family hubs](#).

Family Hubs have a family advice line and can offer advice on:

- taking care of your emotional wellbeing
- supporting children with special educational needs and disabilities
- dealing with financial, housing, or employment challenges
- supporting your child's behaviour
- activities for children of all ages

Phone: 01323 46 46 55

Open 8.30am to 5pm weekdays, except Friday 8.30am to 4.30pm

Aspens

Aspens offers personalised services focused on individual needs as well as offering guidance and advice to empower families, carers and other professionals to confidently look after those who benefit from our services. Aspens provides services across Kent, Sussex and London.

- Children and adult services
- Family support (may include clinics and 1:1 support, direct family support, advice and signposting and parent carer workshops, appointments and drop-ins)
- Community outreach
- Supported living
- Residential care
- Short break services
- Day services

Phone: 01892 822168

Email: childrenesx@aspens.org.uk

National Autistic Society Online Community Help Page

The Online Community is a place where autistic people and their families come together to connect, support each other and share experiences. This is an online autism support forum with over 3,500 active users. Support is available 24 hours a day, in a safe and welcoming environment. More information can be found at the National Autistic Society [Online Community](#) page.