



Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

Emotional Health Key Messages from the Emotional Health and Resilience Team and SEND Team



Parents and Carers

Juggling being a parent and supporting neurodivergent children can be challenging at times.

- Take one day at a time
- Try to make time for yourself
- It's important to look after your own mental health while thinking about your child.

Single Point of Contact 03000 263538

The NHS promotes 5 Steps to Wellbeing



www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

Ambitious About Autism Parent Wellbeing

www.ambitiousaboutautism.org.uk/understanding-autism/health-and-wellbeing/physical-mental-wellbeing/guide-to-positive-mental-wellbeing

Helpful Resources and Sources of Further Information

Young People

- www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/
- www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/
- www.daisychainproject.co.uk/about-autism-neurodiversity/
- Text SHOUT to 85258 - Here for you 24/7

FOR URGENT HELP

Dial 111 and select Option 2

Parents & Carers

North East support for Autism & ADHD

- www.northeastnorthcumbria.nhs.uk/our-work/workstreams/children-and-young-people/needs-led-neurodevelopmental-pathway/

Local offer – support across County. Durham
www.durham.gov.uk/localoffer

ADHD - www.annafreud.org/resources/family-wellbeing/supporting-treatments/supporting-children-and-young-people-with-autism/

Autism - www.annafreud.org/resources/family-wellbeing/supporting-treatments/supporting-children-and-young-people-with-adhd/

