

EBSA: Parent Carer Resources

- Part of the EBSA Factsheet series



Please note: 'child' = 'child or young person'

This factsheet lists a number of services and charities that may be able to help you and your child or young person. Please note: This factsheet is purely signposting and SENDIAS does not 'recommend' or take any responsibility for the appropriateness of those services listed here.

Self-refer to the WSCC Single Point of Access (SPoA) - [West Sussex Single Point of Access \(SPoA\)](#) Link: <https://tinyurl.com/3kphdptf>

The West Sussex Single Point of Access (SPoA) is a dedicated service which provides a simplified single route to access specialist emotional wellbeing and mental health support. The SPoA helps direct you to the right service, eliminating the need to refer to multiple services.

Anna Freud: [Attendance and mental wellbeing in schools and colleges](#)
Link: <https://tinyurl.com/4fud363c>

Young Minds: [Advice on school anxiety and refusal](#) Link: <https://tinyurl.com/4tck5h8w>

West Sussex MIND: [Advice and support for parents/carers](#) Link:
<https://tinyurl.com/bd63fveh>

Mental Health UK: [advice for parents/carers and guardians, related to mental health and emotional wellbeing](#). Link: <https://tinyurl.com/yna5kkfb>

Reaching Families: a well established parent support group in Worthing, their details are here, if you'd like to see what they can offer: <https://www.reachingfamilies.org.uk>

Define Fine: a parent peer support group run by parents whose children have experienced EBSA: Link: <https://www.definefine.org.uk>

MindJam: Being a parent to a neurodivergent child or a child suffering anxiety can often be challenging, stressful and isolating. We believe it is vitally important to look after your own mental health to be the best support for your child. We are now proud to offer counselling for parents with one of our excellent counsellors. If you would like to enquire about sessions please get in touch for more information. Link: <https://mindjam.org.uk>

Hope Charity Project: The HOPE Charity Project has been set up to help families in Sussex and surrounding areas, who are worried or struggling to support their children suffering with their emotional health. We offer a very real, compassionate approach to providing advice, support, and comfort to the children, parents and siblings who are all affected by this growing nationwide problem. Link: <https://www.hopecharityproject.org>

The SID Youth: Wellbeing mentors and workshops covering the Worthing, Adur and surrounding areas. Link: <https://www.thesidyouth.co.uk/services-we-offer-and-why>

The Listening Ear Service by CONTACT: Emotional support, advice or ideas to help you cope. Appointments are free, confidential and over the phone with a family support adviser. The Listening Ear Service has daytime, evening and weekend appointments available, bookable online. Link: <https://contact.org.uk/help-for-families/listening-ear>

Family Support Network: Support for children and families going through difficult times including low income and poverty; mental or physical ill health; disability; learning difficulties; school non-attendance and exclusion; bereavement; family break-up and domestic abuse. FSN work closely with schools to support children to stay in mainstream education and do well. <https://www.familysupportwork.org/about-us/who-we-are>

Anna Freud: [Crisis Messenger free text support](https://www.annafreud.org/parents-and-carers/afc-crisis-messenger) and a section for Parent/ Carers that may be helpful. Link: <https://www.annafreud.org/parents-and-carers/afc-crisis-messenger>

Well At School: Helping Children and Young People with Medical or Mental Health Conditions get the Best out of School. Link: <https://www.wellatschool.org>

Not Fine In School: is a parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance.
Link: <https://www.teamsquarepeg.org/not-fine-in-school>

They Are The Future: training and resources for parents.
Link: <https://www.theyarethefuture.co.uk/parenting-courses>

Minded: is a free educational resource on children and young people's mental health for adults, but can also be really useful for teenagers. It covers a wide range of topics including school refusal. Link: <https://www.minded.org.uk>

Relate: gives specific advice for different types of worries and problems aimed at young people including school refusal. Link: <https://www.relate.org.uk>

CAMHS Pre-recorded Webinars: Covering Anxiety, Autism and Challenging Behaviour, Eating Disorders, Self Harm and Suicidal Thoughts, and Sleep: <https://bit.ly/48Ontfx>

Further information:

Emotionally Based School Avoidance - Guidance (Link: <https://tinyurl.com/53zsd9fc>)

EBSA and Autism (Link: <https://tinyurl.com/53zsd9fc>)

Booklet for Parent Carers (Link: <https://tinyurl.com/y47uer27>)

Booklet for Young People (Link: <https://tinyurl.com/ube2unvx>)

Booklet for Children (Link: <https://tinyurl.com/r75h7cwk>)



West Sussex SEND Information, Advice and Support Service ([SENDIAS](https://www.westsussexsendias.org)) have a website with several resources: <https://www.westsussexsendias.org> including guides and factsheets.

The Local Offer includes information on local arrangements for EBSA: <https://www.local-offer.org>

Service Statement

The role of the SENDIAS service is to ensure all parents, children and young people have access to impartial information, advice and support so they can make informed decisions related to their situation. Any information that is shared with the service is in confidence unless permission has been obtained to share this with any individuals, services and agencies that may be able to help in the circumstances. For more detail, view our [policies and privacy notice](#) on our website.

How to contact us: Tel: 0330 222 8555 / Email: send.ias@westsussex.gov.uk or cyp.sendias@westsussex.gov.uk (up to age 25) / Website: www.westsussexsendias.org

To view factsheet online and access all links: <https://tinyurl.com/btwbxzep>

or scan QR code:

