

- **Meet with school/nursery** to discuss the issues/worries you have.
- **Local support groups** - Supportive Parents, South Glos Parents/Carers, (further SEND web links are on the South Glos Directory)
- **Seek advice from Health Visitor, GP, SALT** (Speech and Language Therapist), **Portage**.
- Search support services on **South Glos Directory**.

- **Talk with your school/nursery** about getting some help and support.
- Community based resources, e.g. **Resound, Bourne Family Project, Parent Buddies, Southern Brooks**
- South Gloucestershire **Parenting Groups** run by Families Plus
- **Caring for Communities and People (CCP)** – [www.ccp.org.uk](http://www.ccp.org.uk)
- **Children's Centres Facebook Page** – South Gloucestershire Children's Centres
- Find more details – **South Glos Directory**

- **Speak with your child's school/nursery** to see what can be done in school to support your child.
- **Speak to your GP** about your worries.
- **Mind You** - <http://sites.southglos.gov.uk/mind-you/>
- **Hub of Hope:** [www.hubofhope.co.uk](http://www.hubofhope.co.uk)
- **Read books from the library** with your child.
- **Off The Record** - [www.otrbristol.org.uk](http://www.otrbristol.org.uk).
- **NHS Website** [www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/](http://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/)
- Use **South Glos Directory** to search other local groups and charities (QR Code below!)

- **Next Link – 0800 470 0280** Provide a range of support and advice services to anyone (women, men, children) who has been the victim of domestic abuse.
- **Julian House** – Provide support for children and young people who have experienced historical domestic abuse and may need support. Referrals from professionals only.
- **Womankind – 0345 458 2914 or 0117 916 6461**
- **Men's Advice Line - 0808 8010327**
- Search support services on **South Glos Directory**.

SEND/ Additional Needs

Parenting

Children's Mental Health

South Gloucestershire Directory

Domestic Abuse

Teenage Mental Health



Local Groups

Adult Mental Health

Housing & Benefits

- **Talk to your GP** about your worries to access some support.
- **South Gloucestershire Talking Therapies:** Self-referral via the Tel - 0333 200 1893
- **One You South Gloucestershire** - <https://oneyou.southglos.gov.uk/>
- Search support services on **South Glos Directory**.

- Housing Association Support Workers.
- **Housing Floating Support (P3).**
- **HomeChoice.**
- Your local **One Stop Shop.**
- **Benefit enquiries:** 01454 868002
- **Housing enquiries:** 01454 868005
- Search support services on **South Glos Directory**.



Use the **South Glos Directory** to access local support groups and services!

Scan here using your camera to access the South Glos Directory!

