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Resource	Description	Link
YoungMinds	Resources and support specifically for young people.	YoungMinds
Essex Frontline	Community project. Helps frontline workers and the public to quickly find details on local health and wellbeing services and to contact services through call back and referral options	Essex Frontline
Essex Partnership University NHS Foundation Trust	Provides mental health services for children and young people.	EPUT
NHS Mental Health Services	Comprehensive mental health resources from the NHS.	NHS Mental Health
Mind in Essex	Local mental health charity providing support and resources.	Mind in Essex
Essex Child and Family Wellbeing Service	Essex Child and Family Wellbeing offers support for children and families with mental health needs.	Essex Child & Family Wellbeing Service
Childline	Free support service for children and young people.	Childline
Essex Family Support Service	The Essex Family Support service provides support to families, including those who are not already receiving support from specialist and statutory services such as Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service, Social Care and Family Solutions.	Essex Family Support Service | Essex Local Offer

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Therapeutic Activities for Children	Activities designed to support emotional and mental well-being in children.	Therapeutic Activities
Kooth	An online mental health service for young people. Activities designed to support emotional and mental well-being in children.	Kooth
Essex Educational Psychology Service	Provides advice and support for schools and families regarding children's learning and mental health.	Essex Educational Psychology (EP) Service | Essex Local Offer
National Autistic Society – Essex Branch	Support and resources for parents of children with autism.	National Autistic Society – Essex
SENDIASS (Special Educational Needs and Disability Information Advice and Support Service)	Provides information, advice, and support for parents of children with SEND	Essex SEND - Information, Advice and Support Service (essexsendiass.co.uk)
Family Information Service (FIS)	Offers information about local services, support, and activities for families.	Find a Childcare Provider (essex.gov.uk)
Family Lives	Parenting support/co-parenting, parental anxiety, new baby, coping with teens	Parenting and Family Support | Family Lives
Caf Cass	Divorce and separation, care proceedings	Cafcass advises the family courts about the welfare of children and what is in their best interests | Cafcass
Essex Effective Support for Families and Children	Guidance for all practitioners in working together with children and families to provide early help, targeted and specialist support	escb-effectivesupportbooklet2021v7.pdf
Home-Start	Local community network helping families through challenging times	Home-Start UK
The MAZE Group	Specialist support for parents who have additional needs	The MAZE Group | SEND Parenting Support Group in Essex

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Parent Support Groups	Local support groups for parents to share	Parent Support Essex
Essex Child and Family Wellbeing Service	Support for children and families with mental health needs.	Essex Child & Family Wellbeing Service
Schools in Mind	Supports schools with mental health and wellbeing	Home (schoolsinmind.com) Schools in Mind | Anna Freud
Blue Programme	The Blues Programme gives young people the tools to look after their emotional wellbeing – adolescent low moods	Helping young people with mental health | The Blues Programme | Action For Children
Early minds, Easy minds	Early minds (emotional awareness and resilience learnt young) is the mental health programme for KS1 and KS2 for primary schools	EARLY Minds course - Suffolk Mind
No Panic	Registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders *Membership to No Panic costs £25.00 per year or £5.00 a year for those aged 20 and under.*	https://nopanic.org.uk/ Information pack: https://www.nopanic.org.uk/wp-content/uploads/2018/06/new-info-pack-2018.pdf
Essex Safeguarding and Alternative Provision	Alternative Provision guidance	**https://essexcc.pagetiger.com/safeguarding-AP/1/?ptit=**87036331F5E5F24E979E4**#main**
Anxiety UK	Work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding	www.anxietyuk.org.uk
The MIX	Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone. Whether you're worried about your mental	https://www.themix.org.uk/mental-health

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	health, or someone else's, we have everything you need to know about mental health	
Whole Family Pathways	Resources for families – Childrens Society	whole_family_pathway_2016_1st_1_.pdf (childrenssociety.org.uk)
Kids Inspire	Provides mental health and trauma recovery support for children, young people, and their families.	A children's mental health charity offering trauma recovery services for the family (kidsinspire.org.uk)
Directory of Services	Links to a variety of services in Essex	Directory of services | Essex County Council
Essex Safeguarding Children Board	Working together to keep children safe,	ESCB - About
PFCC – Police, Fire and Crime for Essex	Violence and Vulnerability	Police, Fire & Crime Commissioner for Essex - Sign up to receive our latest updates (govdelivery.com)
Essex Police	Offering more ways for communities to stay up to date with police work across Essex	Dispatch newsletter | Essex Police
Victim Support	Supports anyone who has been a victim of crime	Help and support - Victim Support
Pact for Autism	Charity providing support and connection for Autistic children and individuals, neurodiverse families, couples, and carers of Autistic people young and old and other Neurodivergent conditions.	Register with us | PACT For Autism
Essex Carers Network	Network for families caring for a family member with a learning disability which may include autism and other disabilities too	Essex Carers Network - Family Carers, Learning disability, Autism,
Essex Community Tree	Lists many services to support people experiencing mental health or related problems	Essex Community Tree — Essex Community Tree

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Essex Youth Map - ECVYS	Support, network and resource the voluntary youth sector whilst building links and possibilities with statutory services that wish to engage with the sector	The Essex Youth Map info page « Essex Council for Voluntary Youth Services (ecvys.org.uk)
Essex Local Offer	Supporting families with children with SEND	Essex County Council: Special Educational Needs and Disabilities (SEND) | Essex Local Offer
Relate	Relationship support for everyone	Home | Relate
Early Help support for Families	Early help support - Essex County Council	Early help support for families: Early help support for families | Essex Schools Infolink
Ready to regulate	Essex Inclusion Offer – learning programme for people working with children/YP who cannot regulate	Ready to regulate Essex - Google Search
Essex Compass	Domestic abuse service	Essex Compass
Sexual health service		Welcome to Essex Sexual Health Service
Ditch the Label	Provides schools/youth with resources and support relating to bullying	Ditch the Label | Youth Charity | Mental Health, Bullying & Relationships
EYPDAS	Essex young people's drug and alcohol service	Essex Young People's Drug and Alcohol Service | The Children's Society (childrenssociety.org.uk)
GOODMAN- Male Mentoring	5-week mentoring programme for men/ boys at risk of entering an abusive relationship	Good Man - Male mentoring (essex.gov.uk)
Essex Youth Services	Essex school offer to support with work experience, one to one youth work and support for young carers, dysregulation in education	Essex Youth Service
Open Door	A charity providing counselling and psychotherapy services to young people and their parents. Parenting teenagers project?	Open Door - Better mental health for young people (opendooronline.org)
Women's Centre	Support group for women organised by Safer Places	Womens Centre (Posters) (3) (1).pdf

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	Harlow and Waltham Cross	
Active Essex	Every Essex child should have the best start, so they can lead a healthy, active, happy and resilient life. Positive experiences of being active at an early age are much more likely to mean an active adulthood. We are born to be active, but to continue with this lifelong behaviour, we must make sure that experiences are fun, positive, and safe for children and young people.	www.activeessex.org
ADHD Support - Young Minds	Whether you want to understand how you're feeling, find ways to feel better, or support someone who's struggling, we're here to help.	www.youngminds.org.uk
Alcohol Change	UK alcohol charity	Alcohol Change UK charity: Alcohol harms. Time for change. | Alcohol Change UK
Attendance Compliance, ECC	Dealing with legal interventions in relation to school absence and attendance	attendancecompliance@essex.gov.uk School attendance and absence: Penalty notices | Essex County Council
Child Missing Education, ECC	Investigate the location of children who are deeded as missing from education.	www.essex.gov.uk
Elective Home Education	All parents have a right to home educate their child. Some parents may choose to remove their child from a school roll, in favour of home education.	homeeducation@essex.gov.uk
Reach every generation	Reach Every Generation supports young people involved in or at risk of criminal exploitation, serious violence, and gangs. We provide the	Offering hope for more, and the opportunity to achieve it

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	opportunity for a better future, with programmes and diversionary activities that enable them to find a new path and the skills to get there.	
Rethink	Equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.	www.rethink.org info@rethink.org
TAFSO	TAFSOs can support practitioners to feel confident holding Team Around the Family Meetings and completing Early Help Plans.	www.essex.gov.uk TAFSO@essex.gov.uk
Snap Charity	Partnering with parents, we support families whose children have additional needs or disabilities by providing compassion, guidance and hope.	www.snapcharity.org
Autism Anglia	Autism Anglia is an independent charity that provides care and support to autistic children, adults, and their families in East Anglia.	www.autism-anglia.org.uk
Autism Central	As parents and carers of autistic children, young people and adults, it can be hard to find help when you're trying to get the right support. Autism Central aims to make it easier to learn more about autism and services available to you.	www.autismcentral.org.uk
Barnados	Helps children and young people feel safer, happier, healthier and more hopeful – and have	www.barnardos.org.uk

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	somewhere they felt they belong.	
Beyond Autism	Our vision is to ensure autistic children and young adults access an education which empowers a life full of choice, independence, and opportunity.	www.beyondautism.org.uk
Child Law Advice	We are a digital-first service providing family and education law advice to parents, carers, and young people in England. We have lots of free-to-access content on our website that is clear and easy to understand. If you need extra help after reading the information on this website, we also offer initial legal advice via email, webchat, and telephone.	Home new - childlawadvice.org.uk
University of Essex, Law Clinic	Free Legal advice	www.essex.ac.uk/departments/law/essex-law-clinic
Cruse	We help people through one of the most painful times in life – with bereavement support, information and campaigning.	www.cruse.org.uk
Education Otherwise	Education Otherwise is the foremost Charity across England and Wales that promotes and supports the right of a parent or guardian to home educate their child should they wish to do so.	www.educationotherwise.org
Essex Boys & Girls Club	Essex Boys and Girls Clubs is a registered UK charity. We work to enable young people aged 11-25, in Essex and East London, to reach their potential.	www.essexboysandgirlsclubs.org

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The Power Project	The Power Project supports children and young people from across Southend, Essex and Thurrock (SET). POWER practitioners offer direct support to children and young people aged 8-13 and their parents or carers to help them develop ways of coping with challenging situations at home, at school and in their local communities.	The Power Project | Child First Trust
Winston's Wish	Winston's Wish provides bereavement support to children and young people (0-25 years old) throughout the UK following the death of someone important. enabling them to face the future with confidence and hope. They offer the widest range of practical support and guidance to children, families, professionals and anyone concerned about a bereaved child.	www.ataloss.org
YES, Youth Enquiry Service	Youth charity, supporting children/yp 11 -25 yo with teen pregnancy, mental health, housing issues etc	YES | Youth Enquiry Service | Supporting Young People
Wellies On	At Wellies-On, we believe that time spent outside in green spaces and work with animals is critical for our wellbeing. We facilitate time spent in this environment to allow individuals to grow in self-awareness and confidence, not just in physical tasks	wellieson.com

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	but in social interaction and life skills.	
Tourette's Action	The Tourette's Action Helpdesk provides confidential and impartial support to those living with Tourette Syndrome (TS), their friends and family plus others seeking information such as teachers and employers.	www.tourettes-action.org.uk
The Child Employment service	Advice for children in employment	child.employment@essex.gov.uk
Sisters in Strength	Sisters In Strength is a five-week mentoring programme for girls and young women who are at risk of entering into an abusive relationship, becoming a potential perpetrator within a relationship or are currently in an abusive relationship.	Sisters In Strength- Female mentoring
Teen Flash	A small team of professionals working with parents, YP and professionals raising self-esteem, confidence, resilience, and mental health (includes self-harm)	TEEN FLASH - Self-harm Advice & Information for Young People - Essex
PEGS	PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring)	www.pegsupport.co.uk hello@pegsupport.com
NSPCC	UK's leading children's charity. We've been looking out for children for over 140 years	www.nspcc.org.uk help@NSPCC.org.uk 0808 800 5000 020 7825 2505 general enquiries
NOWS	N.O.W.S holistic, therapeutic and wellbeing services	N.O.W.S National Online Wellbeing Service

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	offers 1-2-1 health-based coaching, therapies, workshops, masterclasses, and products to facilitate positive changes in mental health, emotional wellbeing and physical health.	
Next Chapter	Passionate about ensuring that every person can live their lives free from domestic abuse. We provide free and confidential services to support people who are currently experiencing or have previously experienced domestic abuse	www.thenextchapter.org.uk
Mistley Kids Club	Work in partnership with Essex ActivAte, Active Essex and the Department for Education. We can offer a very limited number of funded sessions to SEN children who receive free school meals. These funded sessions are limited to 2 days per week. The sessions are 9AM-3PM ONLY and include lunch. These sessions will need to be booked through the Activate booking portal. The link to this is in the email you receive your WONDE Code in from your school!	www.mistleykidsclub.co.uk
LGBT Foundation	A national charity with LGBTQ+ health and wellbeing at the heart of everything we do.	Home - LGBT Foundation
For Baby's Sake Programme	Breaking the cycle of domestic abuse and	For Baby's Sake Website

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	giving babies the best start.	
Support your child to attend and enjoy school – begins week commencing 13 January 2025 Further courses may be offered by ACL	**6 Week course made up of 2-hour sessions in person at ACL or online – 12 hours total** Schools can refer parents for parenting support. Covering areas such as Understanding attendance and the importance of attendance. Positive communication with children. Role playing, how you listen to children and set boundaries. Giving children choice empowering children. Anxiety – behaviour and routine. Mental health and wellbeing. Signposting to others necessary services	ACL Course information webinar - https://youtu.be/38bsYJZG5YI Supporting your Child to Attend and Enjoy School (Page 1 of 2)
Brook	The tool categorises sexual behaviours into green, orange and red-light categories and gives examples for different age groups. This helps you to make consistent and informed decisions and have meaningful conversations about appropriate sexual behaviours.	CPD: Brook Sexual Behaviours Traffic Light Tool (RSE) Course

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Children's Society East	Provides specialist support that empowers young people to make positive changes and rediscover their hope.	Young People's Wellbeing & Mental Health | The Children's Society • Child sexual exploitation • Children's rights and advocacy • County lines and criminal exploitation • Mental health and wellbeing • Missing from home • Poverty • Refugees and migrants • Substance misuse • Young carers • #LookCloser
Citizens Advice Harlow		0800 278 7856 www.harlowcitizensadvice.org.uk
Step Change Debt Charity		03800 138 111 www.stepchange.org
National Debtline		0800 808 4000 www.nationaldebtline.org
Money Helper		0800 138 7777 www.moneyhelper.org.uk
Harlowsave – Credit Union		01279 451234 www.harlowsave.coop
The Change Project	Offer Relationship Counselling for Couples, Families, Teens and Children. Whether you're looking for help here and now or long term, we have a service to match.	Counselling - The Change Project
Ramfel	A not-for-profit organisation, running a busy client facing service. We provide immigration advice (OISC level 3) and generalist advice in a range of areas to support our clients. This goes alongside destitution services and support to build a new life in the UK, with ESOL	RAMFEL - Home

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	classes and referrals for support accessing work.	
Family cancer support	We provide current help and advice about emotional, money and day-to-day matters for people dealing with cancer. We can help in person, by phone or email. Information comes in different formats to suit your needs. We can help you get support like benefits advice, blue badges, and connect you with local NHS, council and charity services. We can also put you in touch with local services that support your care and wellbeing.	Cancer Information and Support, West Essex | Essex Partnership University NHS Trust
Attendance Training	Training for attendance	DfE Sector Comms - YouTube
Evolve and Adapt	*We are committed to forming relationships, transforming lives and providing opportunity for all*	Evolve and Adapt | Mentoring Services Supporting Young People | London
SEND support	Essex County Council – Essex Schools Info Links support for families and schools	https://send.essex.gov.uk/
Non-Violent Resistance parenting guide	Parenting can be incredibly rewarding, but we know it's not always easy. Sometimes, no matter how hard you try, your child or children might act out in ways that feel overwhelming or even leave you questioning your approach. That's where Non-Violent Resistance (NVR) can come in and help.	https://www.kidsinspire.org.uk/blog/non-violent-resistance-a-guide-for-parents
		What to do when someone dies: Getting support when someone dies | Essex County Council