



Department
for Education

SEND
Futures

SEND Futures

Where to get support

Thank you for your help with the study today, we really appreciate you taking part. We hope that you enjoyed doing the interview today but we understand that it may have raised issues that you would like further advice or help about. Family and friends can offer helpful advice and support, but we would like you to know there are a lot of organisations out there that can help you too. This information sheet provides you with some useful telephone numbers and services.

General

Childline – Free and confidential support for anyone under 19 about any issue you're going through.

Website: www.childline.org.uk

Helpline: 0800 1111

Mental health

Young Minds – Provides confidential advice about mental health. If you feel unable to cope or need to get something off your chest, there are trained volunteers who will listen. They can help you take steps towards you feeling better.

Website: www.youngminds.org.uk/contact-us

24/7 text messaging support: Text 'YM' to 85258

Samaritans – Provides confidential emotional support 24/7 to those experiencing despair, distress, or suicidal feelings.

Website: www.samaritans.org

Emergency: 999

Shout – Free, confidential 24/7 text messaging support for anyone who is struggling to cope. Text the word SHOUT to 85258

Special Educational Needs and Disabilities (SEND)

Mencap – Professional advice and support for those with learning disabilities and their families.

Website: www.mencap.org.uk/mencap-direct

Helpline: 0808 808 1111

Scope – Provides free and impartial advice and support on issues that matter to disabled people and their families.

Phone: 0808 800 3333

Email: helpline@scope.org.uk

Textphone: dial 18001 then 0808 800 3333

Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) – Offers information, advice, and support for young people with special educational needs and disabilities (SEND). The service is free, impartial, and confidential.

Website: www.kids.org.uk/sendias

IPSEA – If you want further advice about appealing your child's Education, Health and Care (EHC) plan you can visit The Independent Provider of Special Education Advice.

Website: www.ipsea.org.uk/where-can-i-get-help-with-making-an-appeal

Bullying & Abuse

National Bullying Helpline – Provides information, advice and offers practical help.

Website: www.nationalbullyinghelpline.co.uk/children.html

Helpline: 0300 323 0169

Childnet – Offers advice about staying safe online, online games, chatrooms, email and phones.

Website: www.childnet.com

Stop It Now – A child protection charity, working to prevent child sexual abuse.

Website: www.stopitnow.org.uk

Helpline: 0808 1000 900
Website: www.ipsea.org.uk/where-can-i-get-help-with-making-an-appeal

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