Support Services for parents/carers on the ASC or ADHD pathways

Here are some local organisations where help and signposting for support can be found.

For Parents/Carers to access direct:

- **PaCC** **https://paccbrighton.org.uk/what-we-do/coffee-mornings/**

  PaCC provide a wide range of support and information for parents and carers. They also off coffee mornings for parents and carers to meet and discuss worries and concerns.

- **AMAZE** **https://amazesussex.org.uk/**
  AMAZE also offer a wide range of support and advice. They with PaCC in providing the coffee mornings. Their own coffee mornings are well attended and are very popular.

- **MaSCOT** **https://asc-mascot.com/**
  MaSCOT is also a parent and carer support group, focussing directly around families with children with autism or autistic traits

- **ADHD Aware** have set up a peer support group for local families who have a child with adhd, or ADHD traits. They have a Facebook group called Brighton Parents of Children and Young People With ADHD. Parents meet on the second Tuesday of every month, between 7-9. Here is a link to the FB page:

  https://www.facebook.com/groups/brightonparentofyoungpersonwithADHD/?ref=share

- **TicTock Therapy** are a pay for service but also have lots of free resources available around Tics and Tourettes. They also have a FB page which is very informative. Here is their website:
  https://www.tictocktherapy.co.uk/

- **Seaside View drop in parent/carer support sessions**
  These are for parents and carers of children on the wating list for an ASC diagnosis
  sc-tr.ssvdropins@nhs.net

- **Neurodevelopmental Groups CAMHS (Sussex Partnership Trust)**
  This is for parents and carers of children on the waiting list for ASC or ADHD at CAMHS

  NeurodevelopmentalGroupsCAMHS@sussexpartnership.nhs.uk

For professionals to refer parents/carers to

- **NDP Family Training and Navigation Service** Neurodevelopmental Pathway Family Training and Navigation Service (amazesussex.org.uk)

  This service provides both signposting to relevant services and training on a wide range of areas