

# NEURODEVELOPMENTAL SERVICE RESOURCE LIST

## Helpful contacts:

- NHS Website <https://www.nhslanarkshire.scot.nhs.uk/services/childrens-services/mental-health-services-and-resources-directory/>
- CAMHS Website <https://www.nhslanarkshire.scot.nhs.uk/Services/CAMHS/>
- Hands on Scotland [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)
- Solihull Parenting [www.inourplace.co.uk](http://www.inourplace.co.uk)  
The password for **North Lanarkshire** residents is Lanerch1, Lanerch2, and Lanerch3 and for residents in **South Lanarkshire** the password is owen123.
- [www.children1st.org.uk](http://www.children1st.org.uk)
- [www.nhslanarkshire.scot.nhs.uk/coronavirus](https://www.nhslanarkshire.scot.nhs.uk/coronavirus) (up-to-date information for Health Professionals and the public can be accessed here)
- [www.sleepscotland.org](http://www.sleepscotland.org)
- [www.fasdscotland.com](http://www.fasdscotland.com)
- [www.scottishautism.org](http://www.scottishautism.org)
- [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)
- [www.tourettescotland.org](http://www.tourettescotland.org)
- Facebook: Speech and Language Therapy NHS Lanarkshire  
[www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people/](https://www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people/)

## The following agencies may also help:

- Breathing Space – 0800 83 85 87 (evenings and weekends) [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)
- Parentline Scotland – [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)
- Samaritans - 01698 42 94 11 or 08457 90 90 90 (24hrs) [www.samaritans.org](http://www.samaritans.org)
- HOPE for Autism, **01236 779191** [www.hopeforautism.org.uk](http://www.hopeforautism.org.uk)
- The Autism Resource Co-ordination Hub (ARCH), **0344 225 111**  
<http://www.sailautism.org.uk/arch/>
- The National Autistic Society 0808 800 4104 <https://www.autism.org.uk/>
- REACH Lanarkshire Autism <https://reachautism.org.uk/>
- Occupational Therapy Children and Young People [www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people](https://www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people)
- Speech & Language Therapy Children and Young People [www.nhslanarkshire.scot.nhs.uk/services/children-and-young-people-speech-and-language-therapy-service/](https://www.nhslanarkshire.scot.nhs.uk/services/children-and-young-people-speech-and-language-therapy-service/)
- NHS Lanarkshire Speech and Language Therapy Helpline 01698 687606 or email [sltenquiry@lanarkshire.scot.nhs.uk](mailto:sltenquiry@lanarkshire.scot.nhs.uk)
- NHS Inform Anxiety Self Help – [www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide](https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide)
- Young Minds Anxiety Self Help – [www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/](http://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/)
- Anxiety Network – [www.anxietynetwork.com](http://www.anxietynetwork.com)
- NHS Inform Depression Self Help – [www.nhsinform.scot/illnesses-and-conditions/mental-health-self-help-guides/depression-self-help-guide](https://www.nhsinform.scot/illnesses-and-conditions/mental-health-self-help-guides/depression-self-help-guide)
- Beating The Blues – [www.elament.org.uk/self-help-resources/beating-the-blues/](http://www.elament.org.uk/self-help-resources/beating-the-blues/) - this is an online course which can be accessed via GP referral. It has a cognitive behavioural therapy approach to tackle low mood and depression
- Breathing Space – [www.breathingspace.scot](http://www.breathingspace.scot)
- Papyrus – [www.papyrus-uk.org/help-advice-resources/](http://www.papyrus-uk.org/help-advice-resources/)
- The Mix – [www.themix.org.uk](http://www.themix.org.uk) - this is a UK based charity that provides free, confidential support for young people under 25 via online chat, Facebook messenger and short-term counselling sessions
- 'Aye Feel' – [www.young.scot/campaigns/national/aye-feel](http://www.young.scot/campaigns/national/aye-feel) - find information about how to look after your emotional wellbeing, support from organisations around Scotland and tips on how to promote a positive mindset
- SilverCloud – Supporting an Anxious Child and Supporting an Anxious Teen: Online CBT courses can be accessed via our NHS Lanarkshire Mind Matters website: [www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-helping-children-and-teens/](https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-helping-children-and-teens/) - both courses are designed to be used by adults: primarily parents and carers, but teachers and others may find them of benefit too. These are *not* courses young people can sign up for themselves. Both courses are accessible straight away via **self-referral**: the waiting list between registration and accessing the course will be no more than a couple of days at any time.
- The Incredible Years (book) – A troubleshooting guide for parents of children aged 2-8 years

**\*\* Should you need help urgently or if your mental health problems persist please contact your GP or out of hours NHS24 on 08454 24 24 24 \*\***