

Thornden School Attendance Signposting

1. Mental Health & Well-being Support

- **Mind Solent**
Provides mental health support to individuals in Hampshire, including counselling, peer support, and mental health education.
- **CAMHS (Child and Adolescent Mental Health Services)**
Offers support for children and adolescents struggling with mental health issues such as anxiety, depression, and self-harm. Referral through GP or school.
- **No Limits**
Provides information, advice, counselling, and advocacy for young people aged 11-25, including mental health support services.
- **Young Minds**
A national charity offering resources, guidance, and support for young people experiencing mental health issues, as well as advice for parents.
- **Kooth**
Online mental health support platform offering counselling, peer support, and self-help tools for young people.
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2. Physical Health Support

- **School Nursing Team**
Offers health assessments, advice, and support for students facing physical health issues that affect their well-being and school attendance.
- **NHS Health Services**
Access to general health services including GP, physiotherapy, and specialist referrals for any physical health concerns.

3. Attendance Support & Guidance

- **Hampshire County Council – Attendance Support**
Offers guidance to schools on improving student attendance, and provides information on how parents can address barriers to attendance.
- **School Attendance Support Service – Southampton City Council**
Provides support to students and families facing attendance issues. Includes welfare officers and advice on school attendance law.

4. Eating Disorders

- **BEAT Eating Disorders**
A national charity providing support for individuals experiencing eating disorders. Offers helplines, online support, and advice for families.
- **The Ely Centre (CAMHS Specialist Service for Eating Disorders)**
A specialized service for young people aged 12-18 in Hampshire with eating disorders, offering support and treatment.

5. Behaviour & Parenting Support

- **Family Lives**
Offers support for families with behaviour-related issues, including parenting advice and dealing with challenging behaviour.
- **Hampshire Behavioural Support Services**
Provides strategies and guidance to schools and families on supporting positive behaviour and managing challenging behaviours.
- **Parenting Support Service – Hampshire**
Offers parenting courses and support to help manage child behaviour issues.

6. Neurodiversity Support

- **Hampshire SENDIASS (Special Educational Needs and Disability Information, Advice, and Support Service)**
Provides impartial advice and support to families of children with special educational needs and/or disabilities (SEND), including neurodiversity concerns.
- **Autism Hampshire**
Provides a range of support services for individuals on the autism spectrum, including advice, resources, and training for families and schools.
- **ADHD Foundation**
A national charity providing support for individuals with ADHD and their families, including guidance on education, behaviour, and well-being.

7. Anxiety & Low Mood

- **Young Minds**
Offers support and advice for young people dealing with anxiety, low mood, and depression. Provides guidance on coping strategies for both young people and parents.
- **Anxiety UK**
A charity providing support to people experiencing anxiety, panic attacks, and related disorders. They offer a helpline, therapy, and self-help tools.
- **The Mix**
Provides support for young people aged 13-25 with a wide range of mental health concerns, including anxiety and low mood.

8. Sleep Support

- **Sleep Charity**
Provides information and advice on improving sleep for both young people and adults. Offers sleep support services, especially for children with sleep difficulties.

- **Children and Young People's Sleep Service – Solent NHS Trust**

A service offering sleep guidance and interventions for children and young people experiencing sleep disorders.

9. Educational Support for Vulnerable Children

- **School-Home Support**

Provides both practical and emotional support to families facing issues such as poverty, housing instability, and mental health difficulties, all of which can affect attendance and behaviour.

- **Hampshire County Council Educational Welfare Service**

Offers a range of educational support services, including work on improving school attendance and offering support for students with behavioural or emotional issues.

Other Relevant Services:

- **Hampshire Youth Services**

Offers a range of activities and support services for young people, including emotional well-being support, and youth clubs.

- **No Limits Youth Services (Southampton)**

Provides advice and support for young people around a range of issues, including mental health, housing, and relationships.

- **Solent Youth Action**

Provides support for vulnerable young people aged 10-25, including mental health services, emotional support, and help with school or home issues.

General Resources:

- **Hampshire Local Offer for SEND**

An online directory offering information and services available for children and young people with Special Educational Needs and Disabilities (SEND).

- **Citizens Advice Hampshire**

Provides support to families and young people with various issues, including housing, benefits, and legal concerns.

Government and NHS Advice on School Absence

- **Government Advice on Back to School**
- **Government Advice on when to keep someone off school**
- **NHS - Top Tips on Keeping Healthy**
- **Should I keep my child off school checklist**
- **Government Advice on Child Illness**