

Where to Find Information, Advice and Support

If you are looking for information, advice or support for yourself, your child or your family, the following organisations may be able to help.

Autism Information and Support

National Autistic Society (NAS)

Information, advice, education, advocacy and support for autistic people and their families.

Website: <https://www.autism.org.uk>

Helpline: 020 7833 2299

Autism Alliance UK

A network of specialist autism charities providing local support and services across the UK.

Website: <https://www.autism-alliance.org.uk>

Autistic Parents UK

Information, resources and peer support by and for autistic parents.

Website: <https://www.autisticparentsuk.org>

Autistica

The UK's leading autism research charity, providing evidence-based information and resources.

Website: <https://www.autistica.org.uk>

PDA Society

Information and support relating to Pathological Demand Avoidance (PDA).

Website: <https://www.pdasociety.org.uk>

Support for Families and Carers

Contact

Advice, information and support for families raising disabled children.

Website: <https://www.contact.org.uk>

Helpline: 0808 808 3555

Carers UK

Advice on carers' rights, finances, employment and wellbeing. **Website:**

<https://www.carersuk.org>

Helpline: 0808 808 7777

Carers Trust

Information about local carers' services, respite and practical support.

Website: <https://carers.org>

Family Rights Group

Independent advice for families involved with children's social care.

Website: <https://frg.org.uk>
Advice Line: 0808 801 0366

Education and SEND

IPSEA (Independent Provider of Special Education Advice)

Free legal advice about education rights and SEND law.

Website: <https://www.ipsea.org.uk>

SOS!SEN

Independent advice and support for parents navigating Special Educational Needs processes.

Website: <https://www.sossen.org.uk>

Helpline: 020 8538 3731

Special Needs Jungle

Trusted information, news and practical guidance on SEND.

Website: <https://www.specialneedsjungle.com>

SENDIASS

Independent information, advice and support services available through every local authority.

Website: <https://www.sendiassnetwork.org.uk>

Council for Disabled Children

Information, guidance and resources on SEND, inclusion and children's rights.

Website: <https://councilfordisabledchildren.org.uk>

Advocacy, Rights and Benefits

Disability Rights UK

Advice on disability rights, benefits, employment and independent living. **Website:** <https://www.disabilityrightsuk.org>

Citizens Advice

Free, confidential advice on benefits, housing, debt, employment and legal matters.

Website: <https://www.citizensadvice.org.uk>

Adviceline (England): 0800 144 8848

Health and Mental Health

NHS

Information about health services, autism assessment pathways and urgent mental health support.

Website: <https://www.nhs.uk>

NHS Urgent Mental Health Support

If you or someone you know needs urgent mental health support, visit:

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health>

Mind

Mental health information, advice and local support services.

Website: <https://www.mind.org.uk>

Infoline: 0300 123 3393

Samaritans

Available 24 hours a day for anyone experiencing emotional distress or in crisis.

Website: <https://www.samaritans.org>

Freephone: 116 123

Complaints and Advocacy

Parliamentary and Health Service Ombudsman

For complaints about NHS services that have not been resolved locally.

Website: <https://www.ombudsman.org.uk>

Local Government and Social Care Ombudsman

For complaints about councils and children's or adult social care services.

Website: <https://www.lgo.org.uk>

Finding Local Services

Find Your Local Council

Information about children's services, adult social care, SEND teams, Local Offer and Autism Partnership Boards.

Website: <https://www.gov.uk/find-local-council>

Local Offer

Every local authority publishes a Local Offer describing education, health and social care services available for children and young people with SEND. Search online for "[your local authority] Local Offer."

Please note that contact details may change over time. If a telephone number is unavailable or services have changed, the organisation's website will provide the most up-to-date information. This document was correct as at 30 September 2026.