

## Useful Organisations

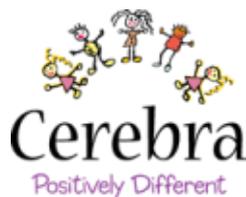


- Friends and Families of Special Children, support families with disabled children all over Plymouth and the surrounding area.

[Friends and Families of Special Children: Home](#)



- [British Dyslexia Association](#) website with information about dyslexia, assessment and identification, exam access etc.



- [Cerebra - Working with you and your amazing child](#) Support parents/carers with children who have sleep issues. They also have a stress helpline.



- [Dyspraxia Foundation - 30th Anniversary | Dyspraxia/DCD Awareness](#) Information and support for individuals and families affected by developmental dyspraxia through books, suggestions, a teen newsletter, and an adult support group.

# YOUNGMINDS

- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) a national charity committed to improving the mental health of all children, advice about depression, eating disorders, and other mental health issues affecting children.



- [Anna Freud National Centre for Children and Families - London](#) - Advice and guidance to support children and young people who may be struggling with poor mental health.



- [Hypermobility Syndromes Association \(HMSA\)](#) a useful website to support parents of children with Hypermobility Syndrome, Ehlers Danlos Syndrome, Marfan Syndrome and many others.



- [Children's Bereavement Charity in Plymouth, UK Jeremiah's Journey](#) a charity for grieving children, young people and their families.



- [National Autistic Society](#) - Support, advice and guidance for individuals with autism and their families.



helps children  
**communicate**  
REGISTERED CHARITY 210031

- [I CAN, the children's communication charity](#) - Advice and guidance on supporting an individual's speech, language and communication.