Free Resources for Parental Education

Understanding Autism & Emotional Regulation

The National Autistic Society (NAS)
https://www.autism.org.uk/advice-and-guidance

- Trusted UK charity with accessible guides for parents
- Includes sections on emotional regulation, meltdowns, and mental health
- **Recommended pages:**
  ✓ Anxiety in Autistic Children
  ✓ Autism & Puberty
  ✓ Sensory Differences

ADHD & Emotional Impulsivity

ADHD Foundation - Neurodiversity Charity
https://www.adhdfoundation.org.uk/resources/parents/

- Practical guides for understanding ADHD behaviours
- Resources include webinars, tip sheets, and video explainers
- **Recommended:** "Managing Emotions & ADHD" resources

Gender Identity in Young People

Mermaids UK
https://mermaidsuk.org.uk/

- Leading UK charity supporting gender-diverse youth and families
- Free parent guides on understanding gender identity
- Helpline, webchat, and parent support groups
- **Recommended:**
  ✓ Parent Hub
  ✓ Understanding Your Child's Gender Exploration

Self-Harm & Emotional Distress

YoungMinds Parents Support
https://www.youngminds.org.uk/parent/

- UK charity supporting young people's mental health
- Parent advice on self-harm, anxiety, neurodiversity, and more
- **Recommended:**
  ✓ Guide to Supporting a Child Who Self-Harms
  ✓ Helpline for Parents

Communication Skills for Families

Family Lives UK
https://www.familylives.org.uk/advice/teenagers/

- Practical tips for improving family communication
- Specific sections on parenting teens, difficult conversations, and managing conflict

Neurodiversity & LGBTQ+ Intersection

Stonewall UK – LGBTQ+ Youth & Families Resources
https://www.stonewall.org.uk/resources/category/family

- Information for families of LGBTQ+ young people
- Affirming language guidance
- Parent stories to reduce isolation

Emergency & Helpline Resources

✓ **Samaritans:** https://www.samaritans.org — For crisis support (24/7)
✓ **Shout Text Service:** Text 'SHOUT' to 85258 — For mental health crises
✓ **Childline:** https://www.childline.org.uk — Support for young people

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