

If You Are Waiting, Have You Tried...

Family Hubs



Website



Timetable

Our Family Hubs offer a range of support services for families in Plymouth – both in person and online.

Family Hubs support families from pregnancy, through childhood, and up to age 19 (or 25 for those with special educational needs and disabilities).



Autism post-diagnosis information:



ADHD for Children



ADHD for Teens



ADHD



Anxiety



Sleep



Children's Occupational Therapy Team



Activities of Daily Living



Public health nursing 0-19 offer
This is an integrated service consisting of Health Visitors & School Nurses. Health visitors and school nurses are specialist community public health nurses (SCPHN). Health visitors work with families with a child aged 0-5 promoting health preventing ill health and reducing inequalities and delivering the healthy child programme across the city. School nurses work with CYP aged 4 – 19 in schools' communities and with families supporting with for example physical health, sexual health emotional well-being



Health Visiting



Speech and Language

While you are waiting for your appointment, please check out the links and services to support speech, language and communication.
Phone: 01752 43844



CAMHS

Information advice and guidance, while you wait can be accessed through this QR code. There is also a CAMHS early help advice & support line 01752 432623
If you are in crisis support can be accessed through NHS 111 and select the mental health option



Neurodiversity Wellbeing Team

A confidential free advice line open to all CYP and their families who are on the neurodiversity pathway within Plymouth.
Telephone 01752 435404



Mental Health Support Team (MHST)

Young people and families can access useful tips and resources through the Padlet via QR code or email livewell.mhst@nhs.uk or by phone 01752 435401



Parent information for transitions to adulthood



Take a look at the support for children and young people with SEND across the partnership at universal, targeted and specialist levels.



Plymouth GATI
Graduated Approach to Inclusion



We know reaching out isn't always easy, but you're not alone. Whether you're a young person looking for help, or a parent, carer or GP looking for more information, we are here to listen and support you. Our Wellbeing service and has been running for over 20 years. Our team are experienced, will listen, offer information and talk about some options with you.

SUPPORT FOR
YOUR EMOTIONAL
WELLBEING



Families First



When families need more help and when there are concerns about a child being at risk of significant harm the Families First – Children's Services team brings together information to ensure children and families receive the right response.

Plymouth Family Hubs working in partnership with...

