

# Welcome to Hull and East Riding Children and Young People's Neurodevelopmental Team (Neurodiversity Service)!

We provide autism and ADHD assessments for children and young people aged under 5 to 18 in the Hull and East Riding area.

For support while you wait for an assessment, we hope this booklet will help.

If you have any questions in the meantime, please do not hesitate to contact the team on 01482 692929 or [hnf-tr.hullandeastridingneurodiversityservice@nhs.net](mailto:hnf-tr.hullandeastridingneurodiversityservice@nhs.net)



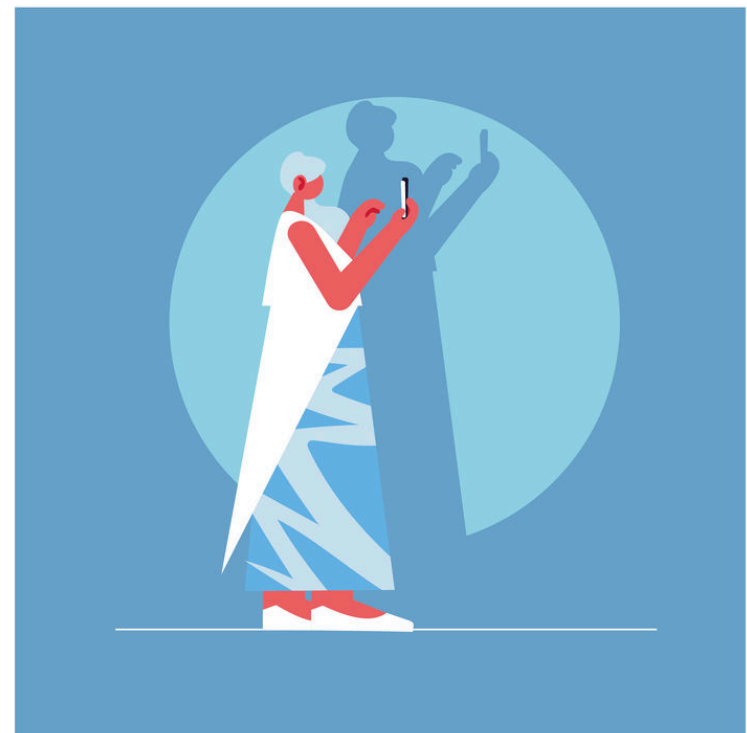
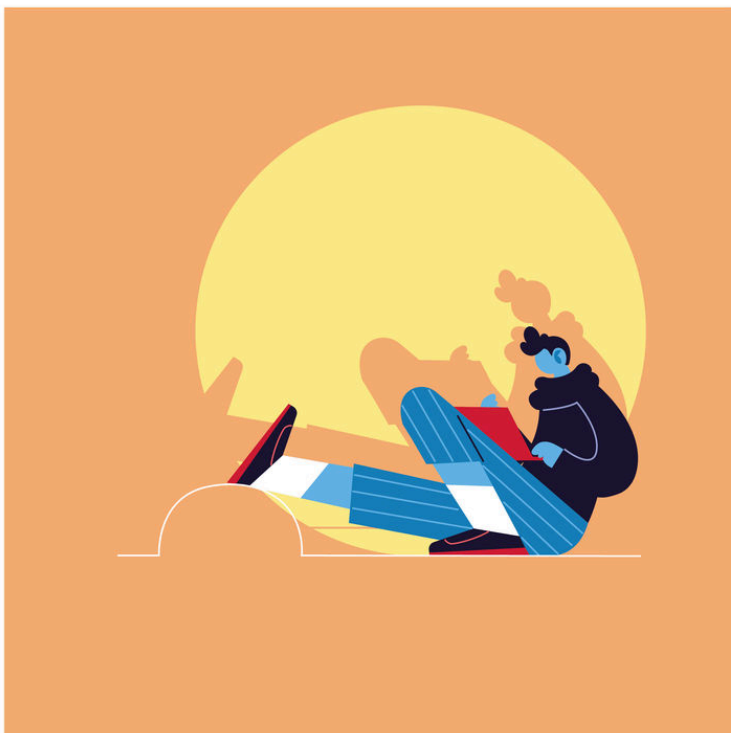
Caring, Learning  
& Growing Together



# Here are some resources that may help you during your wait for assessment.

If at any point during the wait, your needs change, please tell your parents or guardians and they can contact the team so we are aware of any new health or wellbeing needs. Or, you can contact us and talk to us yourself.

Please contact us either by telephone: 01482 692929 Option 2  
Email: [hnf-tr.hullandeastridingneurodiversityservice@nhs.net](mailto:hnf-tr.hullandeastridingneurodiversityservice@nhs.net).



# Whilst you're waiting

## Mental Health Support

### **How are you Feeling?**

How are you Feeling is a really good website for when things are feeling tough because it has ideas on how to talk to people about what is going on, tips on how to keep well, and videos for support.

<https://www.howareyoufeeling.org.uk/young-people>

### **Young Minds**

This website is full of advice and information to and tools to help you look after your mental health. They provide a space for young people and want to help develop confidence to get your voices heard. It has lots of stories about young people and the experiences they have had.

They also have a text line with 24/7 support for young people having a mental health crisis. All texts are answered by trained volunteers who are supervised by experienced clinical supervisors.

<https://www.youngminds.org.uk>  
Text YM to 85258

### **Shout**

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.

<https://giveusashout.org>



# Whilst you're waiting

## Mental Health Support



### Childline

You can contact Childline about anything. Whatever your worry, it's better out than in. They are here to support you.

There are lots of different ways to speak to a Childline counsellor or get support from other young people. You can email, 1-2-1 online chat, or call. They also have signing counsellors, so you can chat over webcam.

There are message boards where you can share your experiences, have fun, and get support from other young people in similar situations.

They offer support and information on: *emotions, gender identity, eating problems, sexuality, mental health, stress, and more.*

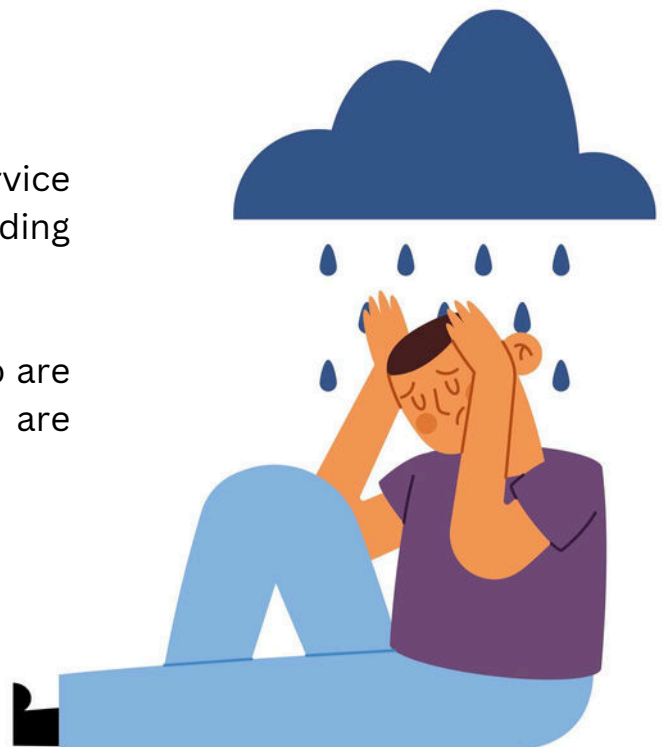
<https://www.childline.org.uk/get-support/>

### CAMHS Crisis Team

The Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week.

This service is for young people (under 18) who are in crisis, experiencing emotional distress, and are struggling to cope.

01482 259400.



# Additional Support

## Matthew's Hub

Matthews Hub is a local charity whose ethos is to provide a support service for autistic people without a learning disability aged 13 or over, living in Hull or East Riding who have, or are waiting for a diagnostic assessment.

### Matthew's Hub workshops

Matthew's Hub provide three workshops on topics to support those waiting for an Autism assessment.

The workshops are delivered via zoom (on a mobile or computer/tablet) and there is no pressure to have your video or microphone on and you can contribute as much or as little as you feel comfortable with, the chat function is also available if you would feel more comfortable typing than talking too.

They also offer face-to-face appointments if that is more suitable for you.

### Neurodiversity workshop

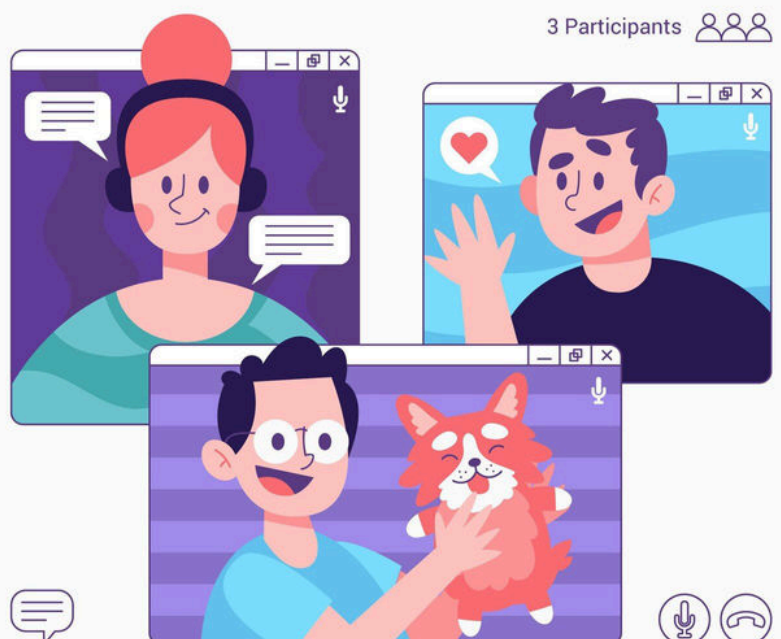
An overview of neurodiversity and the relationship between varying conditions.

### Understanding Autism/ ADHD workshop

A brief introduction to Autism and ADHD for those awaiting assessment.

### Supporting emotional regulation workshop

An introduction to understanding and supporting emotional regulation in self or others.



# Additional Support

## The Warren Youth Project

The charity provides **vital support services** to young people from across Hull and East Yorkshire as well as **training, education and counselling**.

They are opposite the BBC building and the Rosebowl fountain in Queens Gardens.

The team offers free support, guidance, training, education, counselling, employability skills/training, and creative expression activities and services to young people.

**The Warren values its relationships with young people** – we know that they are incredibly resourceful and, with support, can ultimately be trusted to know best about their own lives. The Warren is an environment where **young people can be who they are without feeling judged**.

<https://www.facebook.com/TheWarrenyp>

<https://www.instagram.com/thewarrenyp>

[info@thewarren.org](mailto:info@thewarren.org)

01482 218115



# Additional Support

## The Warren Youth Project

**There is SO much to offer at The Warren including:**

### **Creative Therapies**

Music, art, gaming, poetry, photography dj-ing, rehearsal studios, film.

### **Complimentary Therapies**

Mindfulness, relaxation, reiki, massage, reflexology.

### **LGBTQIA+ Support**

Groups for people who identify as Lesbian, Gay, Bisexual, Transgender, Queer or Questioning plus Pride events.

### **Racial Equality Youth Council**

### **Working Out**

Health and fitness, including VR fitness, kayaking and rewilding in nature.

### **SCRAN!**

Cooking sessions.

### **Achieve**

Education and employment support.

### **Young Carers Group**

### **Young Parents Group**



# Additional Support

## Links



### [Young Minds – My feelings](#)

Where you can find information about understanding your feelings.



### [Well-being guide for stress](#)

Made by young people, to help in times of stress.



[A teen’s guide to ADHD.](#) This is a good resource for learning more helpful tips to put in place while you wait for your assessment.



[Young Minds - Autism Stories](#) and more information about autism in general.

# Additional Support

## Stories that Never Stand Still



**A free short graphic book for young people with ADHD by young people with ADHD.**

A book celebrating what's amazing and annoying, fun and funny, incredibly inspiring and wonderfully weird about ADHD.

Sharing stories, struggles and achievements, this book gives you an opportunity to learn or remind yourself about the positives of having an ADHD brain.

**[Stories that Never Stand Still](#)**

# Support for All

## Helpful tricks and tips

### Grounding

Mindfulness can help reduce stress, improve your mental and physical health, and even increase your overall happiness in life.

# 5-4-3-2-1 Grounding Technique



5 THINGS YOU CAN SEE



4 THINGS YOU CAN FEEL



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL

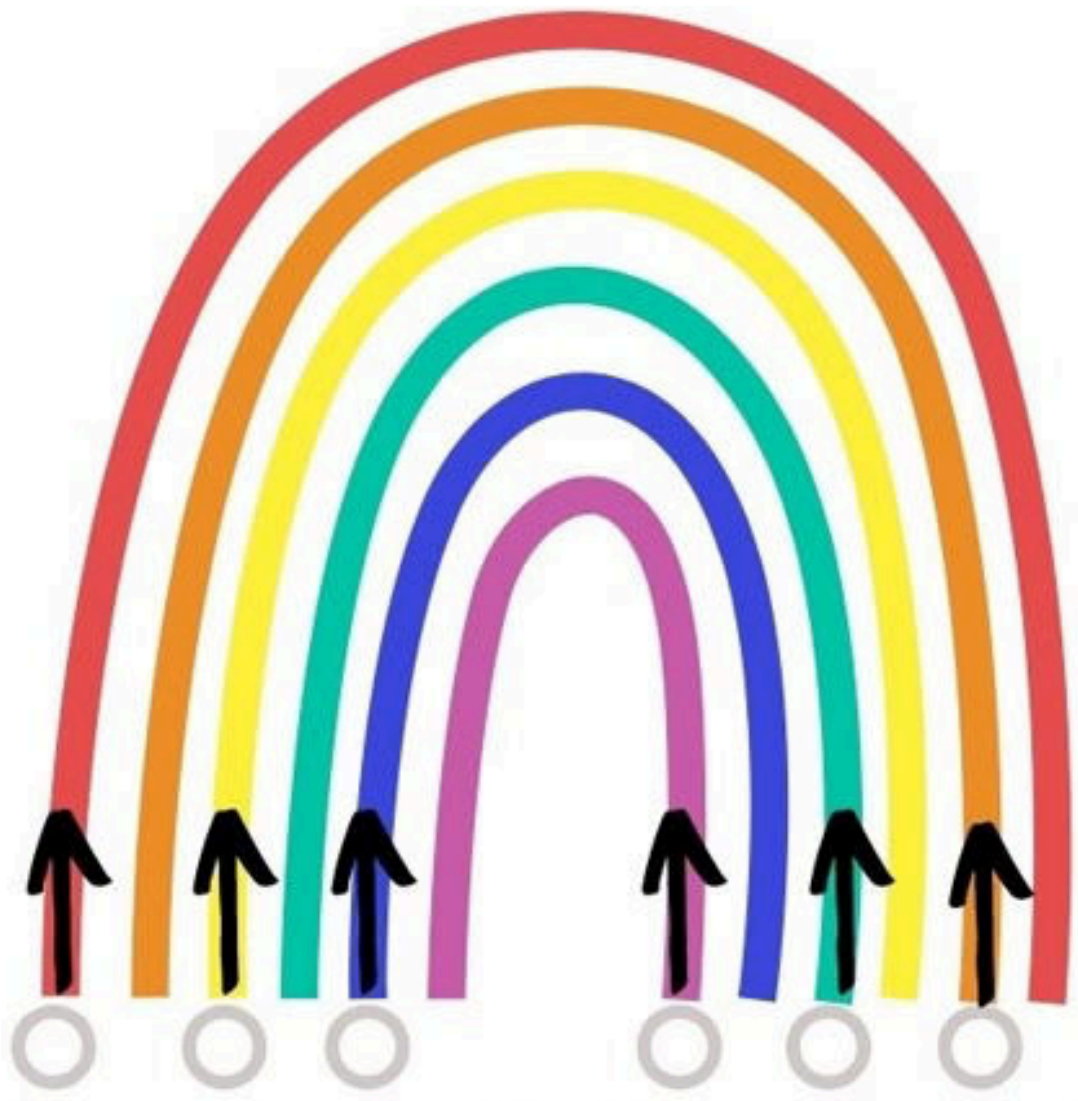


1 THING YOU CAN TASTE

# Support for All

## Helpful tricks and tips

### Deep Breathing Technique



Place your finger on a white dot.

Trace the arrow and take a deep breath in.

Pause at the end of the colour.

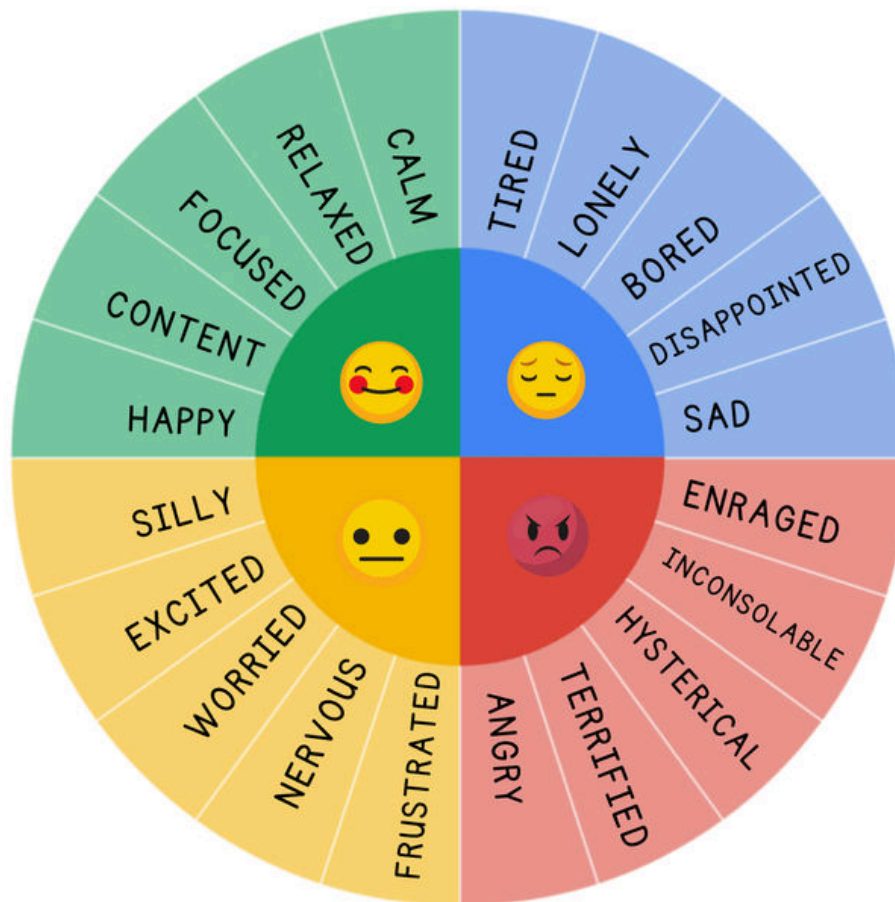
Trace the next arrow and breath out.

Continue around the image several times.

# Support for All

## Helpful tricks and tips

### Feelings Wheel



Sometimes it can be hard to find out what we are feeling.

A feelings wheel can help to identify emotions and prompt conversation.

What can make it easier is identifying a colour, and starting from there.

It could be useful keeping a mood diary, which can help track your moods and identify patterns.

# Support for All

## Helpful tricks and tips

### Movement



Pick a time in your daily routine to practice mindful walking for at least five minutes.

Concentrate on the physical sensations of walking - the sights, sounds and feelings of each step.

If your mind wanders, gently return your focus by repeating "left, right" as you walk.