

Mental health and neurodiversity resources for educators and families

We've put together a collection of trusted UK-based resources to help schools, parents, and young people strengthen understanding of emotional wellbeing and neurodiversity.

The materials include practical guides, toolkits, and links to established organisations that promote awareness and early support in both education and home settings.

1. Resources for schools and educators

Department for Education – Mental Health Resources for Teachers

Comprehensive official guidance including lesson materials, wellbeing toolkits, and referral advice.

gov.uk/mental-health-resources-for-teachers

Mentally Healthy Schools (Anna Freud Centre)

Practical classroom resources, staff wellbeing materials, and training modules.

mentallyhealthyschools.org.uk

Education Support

Helpline and resources for staff wellbeing and managing stress in education.

educationsupport.org.uk

Place2Be – School Resources Hub

Downloadable tools for promoting resilience and emotional literacy across year groups.

place2be.org.uk

Young Minds – Academic Staff Resources

Guides for recognising signs of distress, holding supportive conversations, and referring pupils.

youngminds.org.uk

2. Resources to share with parents and carers

MindEd for Families

Free online learning to help parents understand children's mental health and behaviour.

minded.org.uk

Anna Freud Centre – Parents and Carers Support Hub

Advice on managing anxiety, low mood, and school refusal.

annafreud.org/parents

Young Minds Parents Helpline

Confidential advice and guidance for anyone worried about a child's mental health.

Helpline: 0808 802 5544

youngminds.org.uk/parents

Contact

Information and advice for families with disabled or neurodivergent children.

contact.org.uk

3. Resources for young people

Kooth

Free, safe online mental health support and counselling for ages 10–25.

kooth.com

Shout

Confidential text service for anyone in crisis or in need of support.

Text SHOUT to 85258

The Mix

Support for under-25s on mental health, relationships, and wellbeing.

themix.org.uk

Childline

Free support line and online chat for anyone under 19.

childline.org.uk | 0800 1111

4. Neurodiversity-specific resources

Improving Lives Norfolk

The parents guide for supporting a neurodivergent child

improvinglivesnw.org.uk

ADHD Foundation

Information, training, and downloadable guides for schools and families.

adhdfoundation.org.uk

Autistica

Research, advice, and community stories focusing on autistic wellbeing.

autistica.org.uk

Ambitious about Autism

Education resources and transition planning for autistic students.

ambitiousaboutautism.org.uk

National Autistic Society – Schools and Professionals Section

Classroom strategies, sensory tools, and inclusion guidance.

autism.org.uk

Dyslexia Scotland / British Dyslexia Association

Guidance on supporting literacy differences and self-esteem.

dyslexiascotland.org.uk | bdadyslexia.org.uk