**Third sector agencies**

**Sleep**

1. <https://thesleepcharity.org.uk/>
2. <https://sleepcouncil.org.uk/>
3. <https://www.peaksleep.co.uk/>
4. [North West delivered by Great Minds Together | Autism Central](https://www.autismcentral.org.uk/hubs/north-west-delivered-great-minds-together)

**Support groups:**

<https://www.space4autism.com/>

<https://www.rubysfund.co.uk/>

**CEAT- Cheshire East Autism Team**

<https://livewellservices.cheshireeast.gov.uk/Services/1086/CEAT-Cheshire-East>

theautismteam@cheshireeast.gov.uk

**ChAPs- Cheshire autism practical support**

<https://livewellservices.cheshireeast.gov.uk/Services/1426/ChAPS-Parent-Support>

info@cheshireautism.org.uk

0344 850 8607

<https://www.autismlevelup.com/>

Seahorse trust

Beam autism

Vision beyond- wilmslow

**Toileting:**

[**https://eric.org.uk/**](https://eric.org.uk/)

[**https://www.seashelltrust.org.uk/**](https://www.seashelltrust.org.uk/)

referrals to G.P i.e bladder and bowel specialist service

SPOTSS via school

**Eating:**

<https://patientwebinars.co.uk/>

<https://www.bda.uk.com/>

<https://www.autism.org.uk/>

<https://www.beyondautism.org.uk/>

Steps to eating with SPOTSS via school

**Mental Health**

<https://www.youngminds.org.uk/>

<https://www.barnardos.org.uk/>

<https://www.actionforchildren.org.uk/>

<https://www.place2be.org.uk/>

<https://www.cheshireeast.gov.uk/livewell/campaigns/covid-19-information-point/mental-health-help-for-young-people.aspx>

CAMHS-

<https://www.cwp.nhs.uk/our-services/east-cheshire/east-cheshire-0-16-CAMHS>

<https://www.mymind.org.uk/>

CRHT: 08001456485

If unable to call: Text: BLUE to 85258

**Accepted referral methods:**

Via CAMHS (Child and Adolescent Mental Health Services)

Via GP or Health Professional

Via Early Years setting

Via School

Via Children’s Social Care

Via Adult Social Care

Via Voluntary Agencies

Via Youth Offending Team and/or Youth Prevention Team

Via Youth Support Service

**Educational Wellbeing:**

[Resources for Emotional Literacy Support Assistants - ELSA Support (elsa-support.co.uk)](https://www.elsa-support.co.uk/)