



# Where to start

Are you looking for help with your child's education, health or care needs but you're not sure where to start?

Visit <https://send.essex.gov.uk> or scan the QR code below and follow these steps.

1

## I think my child needs help

The 'I think my child needs help' section is a great starting point



2

## Getting additional support

If your child needs extra support, search for 'support plan of action'



3

## SEND advice and guidance

If your child already has support but they need more help, search for 'support not enough'



4

## Local support

Find other services and groups that can help in Essex by visiting the 'Search for support, groups and activities' section



Visit the Essex Local Offer  
[send.essex.gov.uk](https://send.essex.gov.uk)





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The Essex Local Offer gives information about support available in Essex for children and young people aged between 0 to 25, with Special Needs and Disabilities (SEND).

**You can use the Local Offer to:**

- understand what to do if you're new to SEND
- browse for local support such as support groups, fun activities or specialist healthcare
- find out what to do in a complex situation, for example if you need to appeal a decision
- get advice for young adults with SEND, such as housing and employment support

Additional services that can help children and young people with specific needs include:

**Talk, Listen and Cuddle (TLC)**

[www.tlc-essex.info](http://www.tlc-essex.info)

**Essex Child and Family Wellbeing Service**

<https://essexfamilywellbeing.co.uk>

If you would like to talk to face to face with services who can support with additional needs, why not come along to a Local Offer Roadshow?

More information can be found here:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>