

Early Intervention Information and Supporting Links

Attendance Specialist Team

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Signposting to Help and Guidance

This document brings together key support services and signposting links, to help you access advice and assistance for the families within your school community



[Physical and Social, Emotional Mental Health](#)



[Family Support](#)



[Counselling Services](#)



[SEND Support](#)



[Drug and Alcohol Support](#)



[Housing and Financial Support](#)



[Mentoring Services](#)



[Essex Support Services](#)



[School Based Adjustments](#)

Physical and Social, Emotional Mental Health

Let's Talk, We Miss You

"Let's Talk, We Miss You" is a compassionate and proactive school attendance initiative designed to re-engage students who are frequently absent. Rather than focusing on punishment or blame, the approach centres on connection, empathy, and open communication.

[Coaching webinar](#)

[Family Addition Document](#)

[Resources](#)

Additional Support and Resources

Positive behaviour in schools and settings is key to academic achievement and inseparable from safeguarding, the wellbeing of children and young people, staff and all other aspects of learning.

[Essex Schools Infolink Resources](#)

[SENDIASS -Emotional Based School Avoidance](#)

[Mental health - NHS](#)

Physical Health

Supporting physical health is crucial in reducing the risk and impact of more serious or long-term illnesses in children and young people. Prioritising physical health, not only helps children stay well, but also ensures those managing existing conditions are effectively supported.

[HCRG -Essex Child and Family Wellbeing](#)

[Is my child too ill for school? - NHS](#)

[Medical referrals - Education Access](#)

[Sickness Return | Essex Schools Infolink](#)

[NHS 111](#)

This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services

Family Support

Family Support services work in partnership with Parents and Carers to tackle challenges that may affect their child's attendance, behaviour or wellbeing.

[Contact Us | Samaritans](#)

[Tourette's -action](#)

[Wellies-On - Building life skills](#)

[Essex Sexual Health Service](#)

[Safer Places - Domestic Abuse Support Services](#)

[SOS Buses - Open Road Visions](#)

[Gypsies and Travellers support](#)

[Refugees at Home](#)

[Reach Every Generation - Criminal exploitation](#)

[Gingerbread - Single Parent Support](#)

[Education Otherwise - Parental Support](#)

[Non-Violent Resistance Guide](#)

[Winston's Wish - Bereavement Support](#)

[Essex -Early help support for families](#)

[YCT Circle of Security Parenting Group](#)

[Cruse - Bereavement Support](#)

[Child Law Advice](#)

[Cafcass](#)

[Family Lives](#)

[Modern Day Slavery](#)

[Compass](#)

[Immigration Advice](#)

[The Children's Society UK](#)

[NSPCC](#)

[LGBTQ+ Foundation](#)

[PEGS - Child to Parent abuse](#)

[Home-Start UK](#)

[Changing Lives](#)

[Essex | Army Cadets UK](#)

[HollieGuard - Personal Safety App](#)

[Next Chapter | A future without domestic abuse](#)

[Parent's Aid](#)

[This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services](#)

Counselling Services

Counselling provides a confidential and supportive space for pupils to explore their thoughts, feelings and challenges.

[Mid and Northeast Essex Mind](#)

[Mind in West Essex](#)

[Mind - Southeast and Central Essex Mind](#)

[Restitute -survivors of sexual or violent crime](#)

[NHS Mental Health](#)

[The Change Project](#)

[Schools in Mind | Anna Freud](#)

[The Mix](#)

[The Blues Programme | Adolescent](#)

[Therapeutic Activities](#)

[YCT](#)

[Anxiety UK](#)

[CAMHS](#)

[OnePlusOne](#)

[Childline](#)

[The Children's Society](#)

[Open Door](#)

[Winston's Wish - Bereavement Support](#)

[Rethink](#)

[Relate](#)

[YES | Youth Enquiry Service](#)

[Kooth](#)

[Family Rights Group](#)

[Contact Us | Samaritans](#)

[Kids Inspire](#)

[No Panic](#)

[Barnardos](#)

[YoungMinds](#)

This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services

SEND Support

SEND support is essential in ensuring that every child, regardless of need, can thrive in education and beyond – providing strategies that remove barriers to learning, promotes inclusion and empowers families to feel heard and supported.

[Tourette's Action](#)

[SEND Support](#)

[Beyond Autism](#)

[Essex SENDIASS](#)

[Autism Central](#)

[Snap Charity](#)

[Autism Angela](#)

[National Autistic Society](#)

[Plant Pots and Wellies](#)

[ADHD Support -
YoungMinds](#)

[The MAZE Group](#)

[PACT For Autism](#)

[MyOTAS - My Own Time
And Space](#)

[Wellies-On - Building life
skills](#)

[SEND Local Offer](#)

[BOSP - For holidays](#)

[SEND Careers Advice
Service | Essex Local Offer](#)

[Disabled boaters](#)

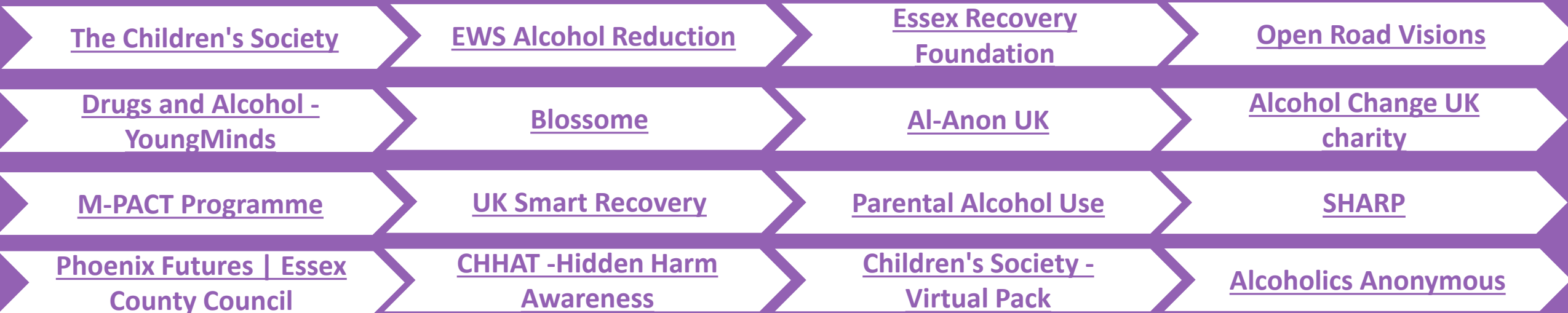
[Family Learning - ACL
Essex](#)

[SEND Contacts | Essex
Schools Infolink](#)

[This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory](#)

Drug and Alcohol Support

Drug and Alcohol support is crucial not only for young people but also for the families around them. By providing education, guidance and access to specialist services, support empowers all to better understand the risks, recognise early warning signs and respond confidently.



[This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services](#)

Housing and Financial Support

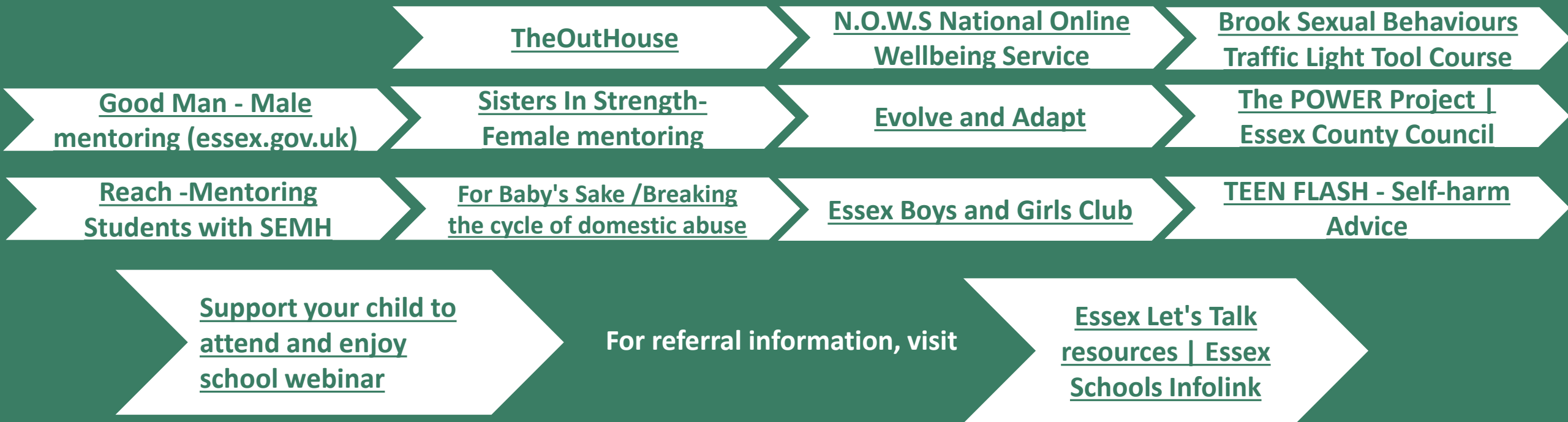
Housing and Financial support is a lifeline for families facing instability, and it plays a vital role in helping children feel secure, focused and ready to thrive.

<u>Housing Essex County Council</u>	<u>Peabody</u>	<u>YES Youth Enquiry Service</u>	<u>CHP -Housing association based in Essex</u>
<u>Essex County Council - Cost of living support</u>	<u>Debt and money advice Essex County Council</u>	<u>Find a food bank Essex County Council</u>	<u>Breakeven</u>
<u>Universal Credit: further information for families</u>	<u>Exceptional Hardship Fund - Uttlesford</u>	<u>Exceptional Hardship Payments-Harlow</u>	<u>Exceptional Hardship Payment - Epping Forest</u>
<u>Exceptional Hardship Fund – Braintree</u>	<u>Extra help for residents in Chelmsford</u>	<u>Exceptional Hardship Payments - Basildon</u>	<u>Financial wellbeing support · Colchester</u>
<u>Rent or council tax support -Tendring</u>	<u>Discretionary Payments Application - Maldon</u>	<u>Benefits Calculator</u>	<u>Streets2Homes</u>

[This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services](#)

Mentoring Services

Mentoring services provides a powerful layer of support that helps pupils build confidence, resilience and a sense of belonging. Through trusted relationships with positive role models, young people can explore challenges, set goals and develop life skills in a safe and supportive space.



This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services

Essex Support Services

Essex support services offer vital help for children, young people and families navigating a wide range of challenges by connecting schools and families with the right local services at the right time.

[Essex Schools Infolink](#)

[Essex Attendance](#)

[Team Around the Family
\(TAF\) meeting](#)

[Essex law-clinic](#)

[child.employment@essex
.gov.uk](mailto:child.employment@essex.gov.uk)

[Mistley Kids Club Essex](#)

[Attendance Statutory
legal interventions](#)

[Education access | Essex
Schools Infolink](#)

[Attendance Essex support
first toolkit](#)

[Attendance training and
Bulletins](#)

[Children missing
education \(CME\)](#)

[SEND/ Essex Schools
Infolink](#)

[Pupil support and
wellbeing](#)

[Safeguarding | Essex
Schools Infolink](#)

[Education and schools'
services](#)

[Staff support and
wellbeing](#)

[SEND Local Offer](#)

[Early help support for
families](#)

[Essex Community Tree](#)

[The Essex Youth Map](#)

[Essex Carers - Family
Carers, SEND](#)

[Help and support - Victim
Support](#)

[Essex Educational
Psychology \(EP\) Service](#)

[Police, Fire & Crime](#)

[Essex Carers Network](#)

[Directory of services |
Essex County Council](#)

[Essex Child & Family
Wellbeing Service](#)

[Effective support 2024](#)

[Essex Safeguarding
Children Board](#)

[Essex Frontline](#)

[Ditch the Label](#)

[Welcome to Essex Sexual
Health Service](#)

This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services

School Based Adjustments

School based adjustments are key to creating inclusive learning environments where every pupil can succeed.

Pastoral support	Essex Local Offer	Tailored support to the individual pupil and family	Essex Schools Infolink
CAMHS	Lunchtime/breaktime adjustments	Travel support	Peer Mentor / Buddies
Key person (think about who is the best placed person in school)	CAFCASS	Breakfast and after school clubs offer	DWP – Benefit advice and guidance
Frontline	Address bullying concerns promptly	SEMH support	Homework club for those identified
Regular pupil check-ins	Children and Families Hub	Coming in early to avoid overstimulation/crowds	Housing Support
Directory of Services	Assembly adjustments	Young Carers	Extra help – breaktimes, lunchtimes, reading
Open-door policy	Early Help Drop Ins	Toilet pass	Signposting to Debt support
Mind	Dysregulation time and space	Education Access	Empathy and understanding
Limited phased returns / reduced timetables	Inclusion Partner	Signpost	Young Vibes
The Children's Society	Nurture Groups / Access to Sensory / Calm Space	ACL – Support your child to attend and ENJOY school course	SENCO / SENDOPs
“Let's Talk, We Miss You “Maximising Attendance	Engagement Facilitator	Adjustments to policy and practice	Children and Family Partnership (Previously Think Families)
Action for Autism	Mentoring/Counselling and Referrals	Attendance Specialist Team	One Planning – missed school = unmet learning needs
Uniform adjustments	TAFs	RAG Lessons – Adjustments	School Nurse

This is not an exhaustive list of the support available – Please also visit Essex Schools InfoLink and Directory of services

**This is not an exhaustive list of resources
and support available.**

**You can also access more localised support via Essex
Frontline and Essex Directory of services**

Last update - September 2025