

# Support Services for parents/carers on the ASC or ADHD pathways

Here are some local organisations where help and signposting for support can be found.

## For Parents/Carers to access direct:

- **Amaze** <https://amazesussex.org.uk/>  
Amaze is the Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS) for Brighton & Hove. Their advice is independent and impartial. They offer an [advice line](#), resources, free workshops and courses, help with claiming disability benefits, the Compass leisure discount card and peer support and social groups for parent carers and for children and young people with SEND up to 25.
- **mASCot** <https://asc-mascot.com/>  
mASCot is a parent and carer support group, focusing directly around families with autistic children or children with autistic traits.
- **PaCC** <https://paccbrighton.org.uk>  
The Parent Carers' Council is a forum for parent carers of children with additional needs who work to help improve services and support in Brighton & Hove. They represent the views of parent carers, run information events and offer [coffee mornings](#) for parents and carers to meet and discuss worries and concerns.
- **ADHD Aware** have set up a peer support group for local families who have a child with ADHD, or ADHD traits. They have a Facebook group called Brighton Parents of Children and Young People With ADHD. Parents meet on the second Tuesday of every month, between 7-9pm.  
<https://www.facebook.com/groups/brightonparentofyoungpersonwithADHD/?ref=share>
- **TicTock Therapy** is a pay-for service but it also has lots of free resources available around Tics and Tourette Syndrome. They also have a Facebook page, which is very informative. Here is their website: <https://www.tictocktherapy.co.uk/>
- **Seaside View drop in parent/carers support sessions**  
These are for parents and carers of children on the waiting list for an ASC diagnosis.  
[sc-tr.ssvdropins@nhs.net](mailto:sc-tr.ssvdropins@nhs.net)
- **Neurodevelopmental Groups CAMHS (Sussex Partnership Trust)**  
This is for parents and carers of children on the waiting list for ASC or ADHD at CAMHS  
[NeurodevelopmentalGroupsCAMHS@sussexpartnership.nhs.uk](mailto:NeurodevelopmentalGroupsCAMHS@sussexpartnership.nhs.uk)