

My child has received a neurodiversity diagnosis (e.g. Autism or ADHD)

Where can I find help and information?



The **DIAGNOSIS SUPPORT PACK** is an online '*one-stop shop*' for information, resources and signposting for families.

- Introduction
- Positives of Neuro-diversities
- Holistic Approach
- What to expect at your appointment
- Sleep
- Medication
- Talking about a diagnosis

- Sensory Processing Needs
- Mental Health
- Supporting Social Communication Development
- Best Practice Guide for Professionals
- Contact Information and Resources
- Jargon Buster
- Printable resources and links



[www.cambscommunityservices.nhs.uk/dsp](http://www.cambscommunityservices.nhs.uk/dsp)



This pack has been co-produced with the help of parents, young people, local Parent Carer Forums, CAMHS, Education Psychology and other key partners.



Bedfordshire  
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