

Support for Military Families

Autism & ADHD Referrals (Neurodevelopmental Support)

We know that continuity is especially important for children awaiting autism or ADHD assessments.

Referral processes and waiting lists can vary between areas. In some cases, referrals may not automatically transfer, and a new referral may be required, but previous evidence can support this

We will:

- Review any previous referrals or reports
- Help you understand your options locally
- Support re-referral where needed

Guidance from NHS England may apply, but pathways can still differ between regions. If you are unsure, please contact our Social Prescriber who can guide you through the process.

Children & Education Support

Moving schools and accessing the right support can be challenging. You may find the [Children's Education Advisory Service](#) (CEAS) helpful.

They can provide:

- Advice on school admissions
- Support for children with additional needs
- Information about Education, Health and Care Plans (EHCPs) and how they transfer between areas
- Support available through your child's school, including Service Pupil Premium

If you are a family with a child who has additional needs, then there is lots of advice and information available to you – some of which we have highlighted on this [page](#).

Wellbeing & Mental Health Support

Military life can impact mental health and wellbeing for both serving personnel and families.

Support available through the NHS:

- GP & Social Prescriber appointments
- Talking therapies (self-referral accepted - [Referral Form](#))
- Specialist services where appropriate

Military-specific support organisations:

[SSAFA](#) – practical and emotional support for serving personnel and families

[Help for Heroes](#) – support for families

[Combat Stress](#) – specialist mental health support

[Little troopers therapy programme - Little Troopers](#) – child therapy support

Support for Spouses & Families

Spouses and family members may experience:

- Social isolation
- Employment challenges
- Disruption to support networks

The following organisations offer advice and support:

- [Army Families Federation](#)
- [Naval Families Federation](#)
- [RAF Families Federation](#)

Social Prescribing & Wellbeing Support

Our Social Prescriber can support you with:

- Adjusting to a new area
- Managing stress and wellbeing
- Finding local groups and activities
- Accessing support for parenting, finances, or mental health
- Navigating health and care services

If you feel unsure about where to go for support, you are welcome to contact us directly.

Frequently Asked Questions

Will my child stay on an autism/ADHD waiting list if we move?

This depends on the area. In some cases, referrals do not transfer and may need to be restarted.

What happens to an EHCP if we move?

EHCPs should transfer between local authorities, but there may be some review process.

Can we access support while waiting for assessments?

Yes – There are local support options for adults and children.

We understand that frequent moves can be disruptive, especially when managing health or family needs. Please contact the practice if you need any guidance.