

Parent Support

Where to find help and advice about emotionally based school avoidance

For parents and carers • Scan the QR codes or click the web addresses



Willow Park
SCHOOL

School avoidance is rarely a simple refusal. It can be a sign that a young person feels overwhelmed, anxious or unable to feel safe enough to attend. These organisations offer practical information, specialist advice and support.

YoungMinds

Advice for parents on school anxiety, attendance difficulties and supporting a return to school.

youngminds.org.uk



EBSA Support

Practical guidance and resources focused on emotionally based school avoidance.

supportservicesforeducation.co.uk



IPSEA

Independent information and advice about SEND law, education rights and support.

ipsea.org.uk



Not Fine in School

Family-led support, information and lived experience around school attendance barriers.

notfineinschool.co.uk



National Autistic Society

Advice and guidance for autistic young people, parents, carers and professionals.

autism.org.uk/advice-and-guidance



DfE Attendance Guidance

Current statutory guidance on working together to improve school attendance.

gov.uk/working-together-attendance



NHS Every Mind Matters

Accessible advice on sleep, mental wellbeing and practical steps families can try.

nhs.uk/every-mind-matters



Health Protection Guidance

Government health protection guidance for schools and other education settings.

gov.uk/health-protection-schools



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Start with one conversation. You do not need to solve everything at once. Please speak to your child's tutor or the school team so that support can be planned together.