I need help to share my views 😊

I'm finding lessons hard, how can I get some support? 😞

I'm worried about starting my next school or college 😞

It's all too much for me, can anyone help? 😞

Do I need an EHC plan? 😞

Why should I be involved with my EHC plan review? 😞

How can you help me? 😞

For confidential and impartial information, advice and support

www.suffolksendiass.co.uk

enquiries@suffolksendiass.co.uk

01473 265210

ADVICE4ME to 87007

With thanks to the East Coast College Transitions group who worked with us to produce this leaflet 😊😊😊

If you need help to understand this information in another language please call 03456 066 067

Se necesita ayuda para leer esta información en otro idioma, por favor teléfono para el número abajo. 03456 066 067

¿Necesitas ayuda para leer esta información en otro idioma? Llama al número de abajo. 03456 066 067

If you would like this information in another format, including audio or large print, please call 03456 066 067.
The SENDIASS service can help you. Our friendly team have lots of information about your rights, the support you should get and what to do if you have problems getting the support you need. We will listen and help you to get your views across. www.suffolksendiass.co.uk

If you are aged 25 or under and need extra help with learning and/or have a disability, you can contact us for free, confidential, information, advice and support 😊

**Information**
You may get the answer to some of your questions by looking through our web pages. You can contact us on your own or with parents or carers for information, advice and support. You can get in touch by phone, text or email – you choose which works best for you.

**Advice**
Our friendly staff will listen to your questions and try to offer useful advice and information. We will not tell other people what you have said. The only time we would is if someone was in danger of being hurt or if you had agreed that it was ok - but we would always speak to you first. If we can’t help with something, we will try to find you someone who can.

**Support**
We will not tell you what to do, we will help you get the information you need to make your own choices and help you to get your views across.

**Education**
You can contact us if you are having problems getting the support you need, or have any other questions or worries about your education.

**Rights**
We will give you information about what the law says and what your choices are. We will not take sides.

**EHC Plans**
We can give you lots of information and advice around what an EHC Plan is, how to request one and support you to get your views across, including at Annual Reviews. You can read more about EHC Plans in our web pages.

Monday 4.40PM