



Have you seen our Diagnosis Support Pack?

Our [Diagnosis Support Pack \(DSP\)](#) has been coproduced by families for families following a diagnosis of a neurodiversity, and contains information, resources and signposting in a variety of media (video's, infographics, animations), split into 14 sections - from sleep to medication, and lots more.

The DSP covers the following topics:

1. [Introduction](#)
2. [Positives of Neuro-diversities](#)
3. [Holistic Approach](#)
4. [What to expect at your appointment](#)
5. [Sleep](#)
6. [Medication](#)
7. [Talking about a diagnosis](#)
8. [Sensory Processing Needs](#)
9. [Mental Health](#)
10. [Supporting Social Communication Development in Autism](#)
11. [Best Practice Guide – for professionals](#)
12. [Contact Information and Resources](#)
13. [Jargon Buster](#)
14. [Printable resources and links](#)

Families have described the experience of their child receiving a neurodiversity diagnosis (e.g. Autism or ADHD) with mixed emotions and following the lengthy diagnosis process are left with little information, or understanding of 'what next?' They told us that a 'one-stop shop' for information, resources and signposting following a diagnosis would be useful, and they would like this information to be accessible and from a trusted source.

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

All pages have been made easy to follow, with links that that guide you through the pack. As well as making the pack informative and useful, it was really important to us that the pack uplifts people and celebrates neurodiversity. We know many families find receiving a diagnosis a challenging time but empowering messages and having positive role models are so important to help parents/carers and young people on their journey.

The weblink to the Diagnosis Support Pack is:

www.cambscommunityservices.nhs.uk/dsp or by scanning on this QR Code.



We have designed some posters and we welcome your help in promoting this pack by displaying our poster in areas that is used by staff and families. If you have a parent/carers newsletter/email, please can we ask that you help us to promote this pack by including this information about the Diagnosis Support Pack too.