

UK Support Checklist



Health Visitor

☒ **can refer for speech & language**

Ask your health visitor to make a referral for speech & language support — no need to wait for nursery or preschool.



Early Help Hub at local council no diagnosis needed

Your local council's Early Help Hub can offer support and guidance now. You can self-refer — a formal diagnosis is not required.



Contacts

- **Contact Helpline**
0808 808 3555

Free, confidential support line for families, Mon–Fri.

- **SENDIASS** for local advice

Impartial information and advice on SEND services in your area.

- **NHS GP**

Speak to your GP for health assessments and onward referrals.

✦ **You don't have to wait** ✦