



Speech and Language Therapy

Online resources and support

If you type 'stammer' or 'stutter' into an online search engine it can be overwhelming seeing the number of websites this returns. Please see below for a selection of websites which we commonly refer to;

British Stammering Association

website: <https://stamma.org/>

Highlights:

- They run a helpline number ***0808 802 0002**, web chat or you could e-mail them at help@stamma.org *Check website for times.
- If you are 16 or over and live in the UK you can join for free. Parents are welcome to join. You will be updated about upcoming events, local groups.
- Leaflet, video, audio, library resources available.
- Have a facebook page and often post up tips and short videos like 'how you can help a child who stammers' and 'one to one time with a child who stammers' (also available on youtube).

Action for Stammering Children

website: <https://actionforstammeringchildren.org/>

Highlights:

- Helpline run by the Michael Palin Centre **020 3316 8100** or you can e-mail info@stammeringchildren.org Also have a facebook page.
- **Stambassadors** who connect inspiring people from the world of work with young people.
- Specific sections of support for young people, parents and schools.
- Children and young people section includes tips, quizzes and stories to look at with your child.

The Stuttering Foundation (America)

website: <https://www.stutteringhelp.org/>

Highlights:

- Specific sections for parents, children and young people, schools.
- Podcasts, videos, leaflets readily available.
- E-book 'Sometimes I just stutter' (7-12 year olds)

Stuttering Therapy Resources

website: <https://www.stutteringtherapyresources.com/pages/free-resources>

- Short videos, practical tips.

Other helpful resources

- **Let's Talk about Stammering** <https://www.bdct.nhs.uk/lets-talk-about-stammering/>
An online tool to develop awareness of stammering and bust some myths.
- **My stammering tap** <http://www.mypockets.co.uk/my-stammering-tap/>
A short video made about stammering by young people who stammer (for older children and young people)
- **I have a stammer** (poem) written by a 10 year old boy to raise awareness about stammering
https://www.bbc.co.uk/newsround/54620398?fbclid=IwAR1VHCRN5cbKxZuWSKnP2IxnFO8rCKTOoPfUUag3PRfnuZl97q5WxbT_jDU