



## 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](mailto: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](mailto: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](https://www.bbc.co.uk/newsround/54620398?fbclid=IwAR1VHCRN5cbKxZuWSKnP2IxnFO8rCKTOoPfUUag3PRfnuZl97q5WxbT_jDU)