

Not found what you're looking for?

Search directory by keyword:

[search help \(video\)](#)

Navigate

Organisation Details

Description of activity

Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.

Eligibility

Navigate is open to any parent or carer who:

lives in England or Wales

has parental responsibility for a child under 18

this child is on a pathway to diagnosis or has received one in the last year

Accessing the service

You can apply online or get a referral from the helpline.

About the service

Navigate is a programme of up to 6 sessions with a personal adviser, who will help you to talk about your feelings and concerns.

The service will help you with:

organising your thoughts and feelings

practical advice and suggestions

coping strategies and insights

taking positive actions and helping you with emotional wellbeing

Your personal adviser

You will get weekly catch ups with your adviser online and by phone. Your adviser will work with you on a one-to-one basis, helping you to:

explore your needs and personal goals

agree your action plan, and

provide you with support, if you need it

Contact Details

Contact Name

Navigate

Telephone

0808 801 0510

Email Address

navigate@scope.org.uk

Website

<http://www.scope.org.uk/navigate>

Availability Details

Days and times of activity / opening

Monday	from 9:00	to 20:00
Tuesday	from 9:00	to 20:00
Wednesday	from 9:00	to 20:00
Thursday	from 9:00	to 20:00

Friday

from 9:00

to 20:00

Saturday

from 9:00

to 12:00

When is the activity or service available

All Year Round

Top 