

1 . AUTISM

Learning about autism

National Autistic Society Offers a range of services for autistic individuals and their families, including services for adults. (www.autism.org.uk). The National autistic society has details of resources for teenagers available at: <https://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers>



Ambitious About Autism A national charity for children and young people with autism. Provides information and resources for autistic individuals and their families, including a useful free parent toolkit. You can join their community and be part of their 'Talk about Autism' forum which is a friendly place to talk to other people who understand what you're going through. Website: <https://www.ambitiousaboutautism.org.uk> For all ages.



Autistic Minds A national charity that runs a 'HelpHub' and an online directory of autism services. Website: <https://autisticminds.org.uk> For all ages.



Living Autism A national charity that supports autistic children and adults to find services to support them. Website: <https://livingautism.com> For all ages.



Autism Central Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Website: <https://www.autismcentral.org.uk/>

