

# Autism Identification Journey: Practical Support for Young People



## Short Breaks



Offering positive activities whilst giving families a break from their caring role. Assessment based.

## Roundabout Dramatherapy



Workshops, monthly support group and activities for parents and young people. Plus Facebook forum. £

## Videos for young people



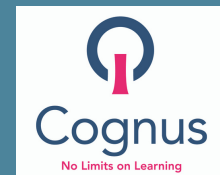
Videos to support a young person understand their identity. Please watch first to check appropriateness.

## SIASS Live Chat



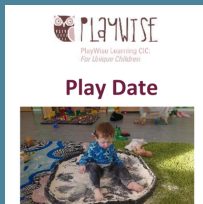
Get information and advice about your education, health and social care.

## Understanding diagnosis session



A 'one-off' understanding diagnosis session to help young people further understand what their diagnosis means to them.

## Playwise Play Date (0-5)



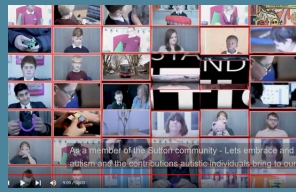
Play sessions for under 5s.

## Adolescent Autism Forum



Forum for autistic teens. Parents should monitor all forum use.

## Young Sutton Voices



Hear from other young autistic people in Sutton, about what autism means to them.

## Adapt to Learn



121 work with a young person to problem solve and support in specific areas related to identity and emotions. £

## SIASS Youth Facebook Group



Closed Facebook Group specifically for Young People to chat. Search for 'SIASS Youth Chat 16-25'.

£ = charge for service applies

**Click on each image/logo for more information**





# Autism: Emotional Support for Young People

**Ask to speak to your school ELSA, Counsellor or Pastoral Lead**

Ask to speak to someone in school who can listen and give you advice.

**Off the Record**

TALK TO US  
**OFF THE RECORD**

Online text counselling and workshops for 11-25 year olds. Call **0800 980 7475** 10am -1pm on Saturdays.

**Kooth**

Articles, discussion boards, live chat, daily journal. Anonymous support.

**Calm Zone**

**On this page**  
Activities and tools  
Breathing exercises  
Expressing yourself  
Yoga videos  
Play games  
Music to ease videos

Breathing exercises, activities, games and videos to help let go of stress.

**Childline Message Boards**

Want to say how you're feeling? Or ask a question? Get support from other young people in similar situations.

**Young Minds TEXT support**

Text YM to 85258 (free)

**Childline PHONE support**

**0800 1111**

Call 0800 1111 between 9am and 10.30pm

**Childline 121 Online Messaging**

**childline**

ONLINE, ON THE PHONE, ANYTIME

Chat with a counsellor online about whatever's worrying you

**Molehill Mountain App**

Molehill Mountain  
An app to help autistic people understand and self-manage anxiety  
In partnership with  
**KINGS COLLEGE LONDON**

An app to help autistic people understand and self-manage anxiety.

**Samaritans Self Help App**

**Be kind to yourself every day**  
Use our self-help app to track your mood and find practical tips and techniques to look after your emotional health.  
**SAMARITANS**

Self-help app to track your mood and find practical tips and techniques to look after your emotional health.

**Click on each image/logo for more information**

