

Useful Links

- Information for adults seeking a diagnosis or already diagnosed:
<https://www.nhs.uk/conditions/autism/adults/>
- For information about what is available in your local area for a child with special needs search for 'local offer' and then your borough; for example:
<https://localoffer.southwark.gov.uk/> or
<https://www.birmingham.gov.uk/localoffer>
- Advocacy services throughout the country:
<https://www.autism.org.uk/directory/browse/cid=3~aid=6.aspx>
- Online Aspergers' community for individuals and carers:
<https://www.aspergerexperts.com/>
- Supports parents/carers in Enfield, Haringey and Barnet who suffer abuse from their adolescent children:
<http://www.paars.co.uk/>
- London counsellors for parents and carers:
www.affinityhub.uk
- London counselling and psychotherapy for people affected by disability (both individuals and their carers):
www.thelapis.co.uk
- Advice and information for carers:
<https://www.carersuk.org/>
- Counselling for parents and carers and some for individuals with autism – Birmingham:
<https://www.opendoorcounselling.org.uk/>
- Homelessness Toolkit
https://resourcesforautism.org.uk/wp-content/uploads/2019/04/Autism_Homelessness_Toolkit.pdf
- Charity Mind for Mental Health support
<https://www.youngminds.org.uk/>
- Young Minds for Mental Health support
<https://youngminds.org.uk/about-us/who-we-are/>
- Autism Terminology NHS
<https://www.england.nhs.uk/learning-disabilities/about/get-involved/involving-people/making-information-and-the-words-we-use-accessible/#autism>
- Autism Terminology NAS
<https://www.autism.org.uk/what-we-do/help-and-support/how-to-talk-about-autism>

- Autism and Disability Specific Custom Card Creation available through hiddendisabilitiesstore.com