

Autism signposting

| Resource | Details | How to Access |
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| Understanding your condition | | |
| ASSERT | <p>ASSERT supports autistic adults and their parents, partners or carers by providing advice, information, resources, education, social inclusion, volunteering opportunities and support to improve well-being and reduce isolation.</p> <p>They offer social events, exercise groups, life skills courses</p> <p>They also run organisational and self-management courses</p> <p>They can provide one-to-one “self-management” course exploring ways of management wellbeing and energy levels</p> | <p>You can refer yourself here: https://assertbh.org.uk/what-we-offer/accessing-support/.</p> <p>Once you have contacted them, they will get in touch to arrange an initial conversation to understand your needs and discuss how they can help</p> <p>This service is free</p> |
| Brighton and Hove Recovery College | <p>They offer several courses aiming at helping people understand their condition and developing self-management tools.</p> <p>Their course “Understanding Autism” spans over 4 weeks and gives an overview of common strengths related to autism as well as differences. It explore autistic-friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.</p> | <p>More information can be found here: https://www.southdown.org/wp-content/uploads/2021/11/RC-Annual-Prospectus-2022-23-FINAL-05MAY2023.pdf</p> <p>You can refer yourself here: https://www.southdown.org/services/recovery-college-brighton-hove/</p> <p>This service is free</p> |
| National Autistic Society | <p>UK’s leading charity for autism. They provide a lot of guides, resources and webinars on autism to help you understand your condition. They also provide an online community where you can liaise with other people who might be experiencing similar difficulties. They run several online groups and events.</p> | <p>https://www.autism.org.uk/</p> |
| Ambitious about autism (up to 25 years old) | <p>National charity for autistic children and young people. They organise a Youth network where you can liaise online with other young people with autism. They also offer toolkits and resources for self-management, such as their “Know Your Normal” resource aiming at helping developing self-understanding and aiding communication with others.</p> | <p>https://www.ambitiousaboutautism.org.uk/</p> |
| Mental Health Support | | |
| Brighton and Hove Wellbeing Service | <p>BHWS offers counselling and therapy via the NHS. They offer a wide range of different approaches to talking therapies. This might be helpful if you feel that you are struggling with your mental health. However this is not an autism-specific service.</p> | <p>You can refer yourself here: https://www.brightonandhovewellbeing.org/referrals</p> <p>BHWS will then get in touch with you to arrange an initial assessment so you can ensure they are the right service for you.</p> <p>Please note might be placed on a waiting list before you can access treatment.</p> |

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| | | This service is free |
| Brighton Hove Therapy Hub – Counselling Autism | This is a directory of several counsellors/therapists who report they are specialists in providing talking therapy for people on the spectrum. | https://www.brightonandhovetherapyhub.co.uk/help-you-with/autism/ These therapists work in private clinics, costs will vary |
| CASS Counselling | Counselling and Autism Spectrum Support provide specialist mental health support for people on the spectrum | https://casscounselling.co.uk/services/ This is a private service so there will be a cost per session. CASS indicate they offer rebates for people on low-income. |
| Managing your daily needs | | |
| Adult Social Care | You might feel that your autism impacts your ability to complete daily tasks such as keeping yourself and your environment clean, eating appropriately, traveling, or staying safe at home. Adult Social Care can provide an assessment with a social worker to see if you are eligible for extra support to help you stay independent in the community | You can self-refer here: https://www.brighton-hove.gov.uk/adult-social-care-hub/adult-social-care-assessment More information on eligibility here . This service is Free, please be aware there might be a waiting list before they can provide an assessment. |
| Disability Support University of Sussex | If you are currently studying at the University of Sussex, you can access extra support and adjustments to help you manage your condition alongside your academic goals. | You can self-refer here: https://student.sussex.ac.uk/disability/ This services is free |
| Impact Initiative Advocacy | Impact Initiative offers one-to-one advocacy as well as self-advocacy groups for adults with autism in Brighton and Hove. An advocate can spend time understanding your needs and support you access relevant support by helping communicate with other agencies. They can support you in your assessment with adult social care for example. | You can self-refer here: https://impact-initiatives.org.uk/services/advocacy/ This service is free |
| Accessing work | | |
| Access To Work | This is an initiative funded by the Department of Work and Pensions. It aims at providing people extra support for people with long-term conditions so they can access or maintain work. This can look like specific grants for accessing interviews or equipment, or one-to-one support to help you manage your needs at work | You can self-refer here: https://www.gov.uk/access-to-work This service is free |
| Autism and Employment | The Recovery College offers a course specifically made for autistic people looking for employment. This can help you understand your strengths and identify the roles best suited for you. It can also help you learning about the type of reasonable adjustments that are available. | You can refer yourself here: https://www.southdown.org/services/recovery-college-brighton-hove/ This service is free. |

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| Supported Employment | This is a service offered by Brighton and Hove City Council aiming at helping autistic people finding and retain employment. They can offer an Employment Office who can support you with building your CV and interview skills, approaching future employers, applying for jobs and also support you once you are in post. | You can refer yourself here: https://www.brighton-hove.gov.uk/social-care/health-and-wellbeing/supported-employment This service is free. |
| Other useful services | | |
| Occupational Therapy Referral? | | |

If you would like to discuss your support options with our Mental Health Care Coordinator, please feel free to contact our reception to book an appointment with Marie.