

This information sheet is for autistic adults (with or without a diagnosis) who are worried about their needs and looking for support. The services below are here to support you on your journey. Please reach out to them for help.

General advice and information

- [Norfolk Autism Partnership](#) provides a range of resources on where to get support and involvement opportunities.
- [Ambitious about Autism](#) provides information on making sense of your autism diagnosis. This includes videos about the experience of getting a diagnosis in adulthood, along with other information such as advice on explaining your autistic needs.
- [Recovery College](#) provides a range of courses that includes a living well with autism course.
- [ASD Helping Hands](#) provides an autism information and advice service.
- [Citizens Advice East Suffolk](#) provides free confidential and impartial advice.

Understanding autism

[Autism Awareness e-learning](#) is a free course designed and created by autistic people living in Norfolk to spread awareness and understanding of autism.

[Too Much Information](#) was a campaign run by the National Autistic Society, which developed videos to help the public better understand autism and the changes they can make.

Employment and training

- [National Autistic Society](#) provides employment guides and an employment module for autistic people looking for a job, as well as information for autistic people in work.
- [Work Well Suffolk](#) provides support for those wanting to get back into or stay in work.
- [Pro Autism](#) provides a free online employability course designed for autistic university students and graduates.
- [East Coast College](#) provides a classroom based employability skills course
- [Volunteer Suffolk](#) is a dedicated platform for volunteering in Suffolk
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Family and carers

- [Autism Central](#) provides support and resources for parents and families of autistic adults in the East of England, including a free [Peer Education Programme](#).
- [Suffolk Carers Matter](#) provides support and advice to carers including carers assessments.

Mental health difficulties

- [Qwell](#) provides free and anonymous online support and counselling for adults.
- [SANEline](#) is a national helpline service that provides specialist emotional support, guidance and information to anyone affected by mental illness including family, friends and carers. Call 0300 304 7000 between 4pm to 10pm.
- [Samaritans](#) provide a confidential conversation at any time to talk about all sorts of concerns that you may have, call 116 123.

Mental health crisis

- [NHS 111 Mental Health Option](#) 24 hour urgent mental health support. Dial 111 and choose the mental health option.
- [SHOUT 85258](#) a 24 hour crisis text service for mental health - Text "shout" to 85258 for urgent mental health support.

Research

- [Autistica](#) provide opportunities for autistic adult and their families to get involve in research.

Diagnosis - Autism Assessment

- [Skylight Psychiatry](#) and [Mind Professionals](#) are commissioned by Norfolk and Waveney Integrated Care Board to provide adult autism diagnostic assessments.

Reasonable adjustments

- [Reasonable Adjustments for people with learning disabilities and autistic people](#) is a guide on what autistic people using health service and their supporters can reasonably expect.
- [Autism Friendly Communications Top Tips](#) is a coproduced guide to support services to work more effectively with autistic people to meet their needs. Autistic adults can use the guide to think about and share with those who support them the things that work and don't work for them.
- [Self Advocacy Booklet](#) is a workbook that details a variety of situations to make notes of what you may need to say or ask for when you speak to someone such as a health or social care professional, employer or someone undertaking repairs to your home.
- [Autism Anglia Autism Alert Card](#) with evidence of diagnosis and small charge of £5 apply for a credit card sized autism alert card. Can be used in during stressful situations or to let people know you are autistic and may need some support.
- [NAS Autism Alert Card](#) a free downloadable autism alert card that can be used during stressful situation to let people know you are autistic and might need some extra time or help in certain circumstances.
- [My Health Passport](#) is a resource for autistic people to communicate their needs when they might need hospital treatment.
- Support for autistic people to access **healthcare services in hospital settings**.
 - [Norfolk and Norwich University Hospitals](#) website provides contact information.
 - [James Paget University Hospital](#) website provides contact information.
 - [The Queen Elizabeth Hospital King's Lynn](#) website provides contact information.

Life Skills

- [Adult Learning](#) provides a range of courses to help develop life skills and offers independent living skills programmes for people who may need additional support.

Housing

- [Shelter housing](#) provides advice on homelessness, private renting, evictions, tenancy deposits, repairs, benefits and money problems, council housing and mortgage repossessions.

Support groups

- [What's On?](#) lists events from regular support and social groups to one day events across Norfolk for autistic people and their parents and carers.
- [Asperger East Anglia](#) provide a range of support services for adults with Asperger syndrome and their families while also increasing awareness and understanding of autism.

Keeping Safe

- [Tricky Friends](#) is a short animation to help people to understand what good friendships are and when they might be harmful and what they can do.
- [Suffolk Safeguarding Partnership](#) provides resources to understand about keeping safe.

Money and Benefits

- [Money Helper](#) provides information about benefits and everyday money guidance.
- [National Autistic Society](#) provides information and a training module about managing your money including your rights and help available.