

**Autism In Mind** provide low-level preventative support and psychoeducation to autistic adults living in Northumberland

Our Connect Support Prevent Service is available in various localities (for more information on localities please see our website).

Our courses and support are also available online.

## > OUR SERVICE

Connect, Support, Prevent

### > ME, MYSELF and AUTISM

Me, Myself and Autism is an 11-week autism specific self-awareness course for autistic adults.

During the course we take an in-depth look at autism and what it really means to be autistic.

The course covers:

- **Anxiety**
- **Sensory processing**
- **Emotions**
- **Personal boundaries**
- **Effective communication**
- **Thinking**
- **Autistic inertia and executive function**

The course promotes positive mental health, improves self-confidence, and supports emotional well-being.

> Telephone: 0191 570 0047

Text: 07706 191606

For more information, professional and self-referral forms see our website: [autisminmind.com](http://autisminmind.com)



AIM Northumberland is a **post-diagnostic** peripatetic and virtual service for autistic adults (who do not have a learning disability) and live in **Northumberland**.



**'Me, Myself & Autism'** - a psychoeducational course supporting autistic adults to have a greater understanding and awareness about autism and what it means to be autistic. Our 'Me, Myself & Autism' course can only be accessed post-diagnosis.



**Low-Level Preventative Support** - We offer telephone/online emotional support, and practical support signposting to, and supporting effective communication between clients and partnership services.



Emotional support to listen to and validate autistic experience. We explore ways for adults to understand and manage their emotional regulation.