

Autism In Mind South Tyneside is a pre/post-diagnostic service for autistic adults who do not have a learning disability and have a South Tyneside GP.

We provide low-level preventative support and psychoeducation along with emotional support to listen to and validate autistic experience. We explore ways for adults to understand and manage their emotional regulation.

> OUR SERVICE

Connect, Support, Prevent

> *ME, MYSELF and AUTISM

Me, Myself and Autism is an 12-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. There is also support available from a Sensory Integration Occupational Therapist as part of the course.

> **Telephone:** 0191 570 0074
Email: contact@autisminmind.com
For more information, professional and self-referral forms see our website: autisminmind.com



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



***'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.



***Yearly Health Checks** - Autistic Adults and Young People aged 14 and over, are now eligible for an NHS yearly health check. Autism In Mind can support you to access your health check. We have a dedicated health link worker.



Weekly Wellbeing Drop-in Session – this session is for people both with and without an autism diagnosis and offers the opportunity to spend time with other autistic adults. See website for more information

* Indicates autism diagnosis required