

Autism In Mind provide low-level preventative support and psychoeducation to autistic adults without a learning disability living in Sunderland

We provide 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 8-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 0074
Email: contact@autisminmind.com
For more information, professional and self-referral forms see our website: autisminmind.com



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



‘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.



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



Speech and Language Therapy (SaLT) - individuals who complete the Me, Myself and Autism course will be offered the opportunity to access a SaLT assessment after which a report will be produced

