



Connect with individuals
Support needs
Prevent crisis

Autism In Mind provide low-level preventative support and psychoeducation to autistic adults without a learning disability living in Sunderland. We also support individuals who are exploring whether they might be autistic and are seeking a diagnosis.

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 & Autism** is an 8-week therapeutic self-awareness course designed to support autistic individuals in exploring their identity and building self-advocacy skills. Drawing on lived experience, counselling theory, and current autism research, the course offers a blend of group discussions and practical strategies.

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



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



'Exploring Autism' - This three-part pre diagnostic course which offers insight, support, and validation for individuals exploring the possibility of being autistic. Together, we'll look at the strengths and challenges of the autistic experience, demystify the diagnostic criteria, and provide tools for emotional wellbeing during the waiting period for assessment.



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