



Our offer **AIM SUNDERLAND**

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 AIM Sunderland team can meet the needs of autistic people in a number of ways:

Preventative Support

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

- Emotional Support - We provide emotional support to listen to and validate autistic experience. We explore ways for adults to understand and manage their emotional regulation.
- Practical Support – With things that autistic people might find difficult. This could include help with communication, building self-advocacy skills (speaking up for what you need), learning new things, or gaining confidence.
- Our support is designed to help autistic people live fulfilling and rewarding lives, feel more independent, and avoid needing more stressful or intensive types of support in the future.

Me, Myself & Autism

- 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, improving self-confidence, and supporting emotional well-being.

Exploring Autism

- 'Exploring Autism' - This three-part pre diagnostic course 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 Assessment

- On completion of our Me, Myself & Autism course you will be offered the opportunity to access a SALT assessment. A SALT assessment is a speech and language therapy assessment that evaluates a person's communication abilities and difficulties. Following the assessment a report is produced.

Sensory Occupational Therapy Assessment

- If sensory differences are making everyday life harder, autistic adults may be able to have a sensory occupational therapy assessment. After the assessment, a sensory plan is created - this is a personalised guide to help people manage sensory challenges in a way that works for them.

Wellbeing Sessions

- Clients who are supported by our Admissions Avoidance Co-Ordinator are welcome to join our Wellbeing Spaces in the City Centre, Pennywell and Washington. Sessions are calm, safe spaces just for autistic adults to meet and connect with other autistic people, take time out in a low-stress, supportive environment and get support to stay well, both mentally and physically

Referrals for AIM Sunderland can be made through the **Autism in Mind Website**

Contact us via telephone **0191 5700047**

Email [**contact@autisminmind.com**](mailto:contact@autisminmind.com)

