

Supportive websites and phone contacts

Autism helpline – 0808 800 4104

National Autistic Society website – autism.org.uk

Young Minds – 0808 802 5544

Childline – 0800 1111

www.crisistextline – free contact when typing in 85258

Urgent mental health support 24/7 ring – 226 3636

www.samaritans.org for access to support documents

epicfriends.co.uk – CAMHs (Child Adolescent Mental Health website)