

Autism

Spot the signs



Do you find these things difficult?

- ✓ Coping with changes?
- ✓ Meeting new people or making new friends?
- ✓ Living with repetitive behaviours or routines?
- ✓ Understanding or coping with social cues/rules?
- ✓ Expressing/describing own emotions?
- ✓ Sensitive to sensations such as loud noises, touch, pain or bright lights?
- ✓ Often feeling anxious?

We can help you!

An early intervention can help with:



Minimize
triggers



Build
social skills



Emotional
regulation



Exploring
coping
mechanisms
and strategies

Mental health support and therapy with evidence-based interventions.

We support children and adults with ASD experiencing a range of common co-occurring difficulties including: anxiety, depression, panic, OCD and sleep difficulties.

ASD Assessment, Diagnosis and Psychological Support/Treatment

Visit our website, quickly screen your symptoms and book an initial assessment



scan
this