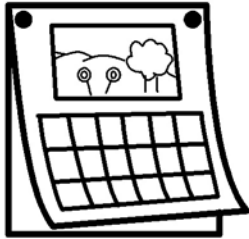


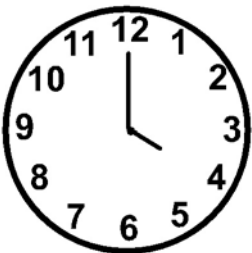
The Autism Helpline



The Autism Helpline is open from
Monday to Friday.



The Autism Helpline opens at
10 in the morning.



The Autism Helpline closes at
4 in the afternoon.



You can telephone the Autism Helpline
on **0845 070 4004** or **020 7903 3555.**

Autism Helpline



You can email the Autism Helpline at **autismhelpline@nas.org.uk**

We will try to reply to your email in 7 to 10 working days.



You can write to the Autism Helpline

Autism Helpline
The National Autistic Society
393 City Road
London EC1V 1NG



You can text the Autism Helpline on **07903 200 200**.



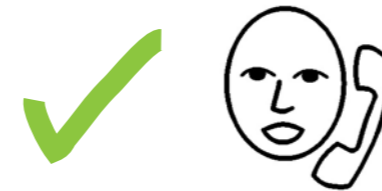
The Autism Helpline has a minicom for people who are deaf or hard of hearing. The minicom number is **0845 070 4003**.

You need to have your own minicom to use this service.

What the Autism Helpline **can** do



The Autism Helpline **can** answer questions about autism and Asperger syndrome.



The Autism Helpline **can** listen to your problems.



The Autism Helpline **can** tell you about help and support for you and your family.

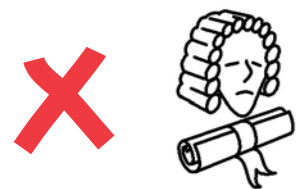


The Autism Helpline **can** send you information about autism by post or email.



The Autism Helpline **can** tell you about other groups that can help you.

What the Autism Helpline **cannot** do



The Autism Helpline **cannot** give advice about legal things.



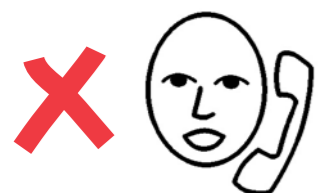
The Autism Helpline **cannot** give advice about medicine or health.



The Autism Helpline **cannot** provide you with someone to speak at meetings on your behalf.



The Autism Helpline **cannot** give you counselling but we may be able to give you the name of a counsellor who knows about autism.



The Autism Helpline **cannot** phone you back.



The Autism Helpline **cannot** help you with your benefits. We can make an appointment for you to talk to someone called a Welfare Rights Adviser who can help you with your benefits.

Telephoning the Autism Helpline



Before telephoning the Autism Helpline you need to think about a question that you want to ask. Please look at what the Helpline can and cannot do on pages 3 and 4.



The Autism Helpline is a very busy service.



If you cannot get through at first, keep trying.



You will speak to a Helpline Assistant first. You will need to tell the Helpline Assistant why you have telephoned.

Telephoning the Autism Helpline



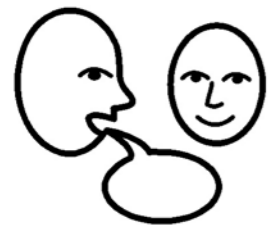
You do not have to tell the Helpline Assistant your name if you do not want to.



If your telephone call is about something difficult you will be put through to someone called a Helpline Adviser.



The person you speak to will not tell anyone else what you say to them, unless there is a good reason to. For example, because you are in danger.



The person on the Autism Helpline will explain to you if they have to tell other people what you have said.

Information in different languages



We can give you information about autism in lots of different languages.



Telephone the Autism Helpline on **0845 070 4004** or **020 7903 3555**. The Autism Helpline will telephone you back with someone who can speak your language.

Useful websites and services



The National Autistic Society website
www.autism.org.uk



Autism Services Directory
Look for services where you live
www.autism.org.uk/directory



Information about our campaigns
www.think-differently.org.uk



Samaritans is a free telephone service
to help people who are upset or
worried. It is open 24 hours a day.

Tel: **08457 90 90 90**

Email: **jo@samaritans.org**