

National Support Services

Service	What they do	Contact details
Ambitious about Autism	Ambitious about Autism is a national charity which provides services, raises awareness and influences policy.	www.ambitiousaboutautism.org.uk
Autism Central	Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.	www.autismcentral.org.uk
Anna Freud	World leading mental health charity.	http://www.annafreud.org
Autism Unlimited	We exist to support and empower those living with autism	www.autism-unlimited.org/about
Cerebra	We're the charity dedicated to helping families with children with brain conditions discover a better life together.	www.cerebra.org.uk Email: enquiries@cerebra.org.uk 01267 244 200
Contact a family	For families with disabled children. Provide information and advice and support.	www.contact.org.uk Email: info@contact.org.uk Free Helpline: 0808 808 3555
National Autistic Society	The UK's leading charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.	www.autism.org.uk Helpline: 0808 800 4104
Rethink	Rethink aim to improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.	www.rethink.org
Scope	We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society. Navigate Service - Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.	www.scope.org.uk Email: helpline@scope.org.uk Phone: 0808 800 3333 Email: navigate@scope.org.uk Phone: 0808 801 0510
Scottish Autism	Scottish Autism is an organisation dedicated to enabling autistic people to lead happy, healthy and fulfilling lives.	www.scottishautism.org/services-support/family-support/women-and-girls-online-support

The Autism Services Directory	Lists ASD services and support groups across the UK.	www.theautismdirectory.com
The Girl with the Curly Hair Project	The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand!	www.thegirlwiththecurlyhair.co.uk