

Support services



Please reach out for support if you need it:

Scottish Autism offers information and advice. You can call 01259 222022, or email advice@scottishautism.org or contact them online

Mind, the mental health charity, offers information and advice. You can call 0300 123 3393, or text: 86463, or email: info@mind.org.uk

Samaritans are always open and are there to listen. You can call 116 123.

CALM Zone offer support via web chat thecalmzone.net, or call 0800 58 58 58.

The **National Autistic Society Autism Helpline** offers information and advice. You can call 0808 800 4104 or contact them online.