



Where to Get Support

During the current Covid-19 outbreak, we are experiencing unprecedented circumstances, changes to our routine, stress and anxiety. It is a time when we all need to be mindful of our wellbeing. However, at Scottish Autism, we understand that autistic wellbeing is crucially important during this challenging time, for children, teens and adults.

Sometimes it is necessary to seek some support from outside agencies and in this document we will detail different organisations that might be able to offer you some support and advice. Below, we will split these organisations for adults and for children & teens but please keep in mind there might be some crossover and some organisations might be supportive and able to offer advice to all ages.

Due to the ever changing situation, some organisations may be operating a limited service or they may add new services which may alter since the creation of this document

Adults

Scottish Autism's Autism Advice Line

We are running support from our e-mail system: advice@scottishautism.org. However, if you would like a phone call, an Autism Advisor will arrange to phone you back. We are trained in providing a listening, advice, information and emotional support service and can discuss issues relating to your wellbeing.

Scottish Autism's Online Support for Women and Girls

This is a free online support programme for women, girls, parents and carers and involved professionals. The programme provides valuable information addressing key health and wellbeing challenges, as well as providing practical advice on a range of issues. We have engaged with women and girls from the autism community and we have drawn on the expertise of a network of professionals to develop a range of videos and other support materials. The topics covered include: diagnosis, education, employment, positive living and parenting.

The Scottish Association of Mental Health

SAMH have developed a hub for support during the coronavirus outbreak. Here, you can find:

- Information on coronavirus and OCD/Anxiety
- Information on coronavirus and benefits
- Free guided meditation and more

Mind UK

Mind have developed a useful web page that can help guide you on your wellbeing journey during the coronavirus outbreak.

Calm

You can try Calm for free and access a range of [relaxation and breathing exercises](#).

Smiling Mind

They offer a [free mindfulness app](#).

Clear Fear

They offer a [free app](#) that can support you to combat the fear of anxiety or threats.

Headspace

Mindfulness for everyday life where you can access guided videos and exercises. You can try [Headspace](#) for free (although they do have a subscription cost to access the full site) but they are offering free support during the coronavirus outbreak, including meditation, sleep and movement exercises.

Anxiety UK

On their website they have a section devoted to [#coronxiety](#) support and resources and they are extending their helpline opening hours. They also offer online support groups and webinars.

Mental Health Foundation

Aim to provide support and advice for anyone with mental health issues. They have a section of their website dedicated to looking after your mental health during the coronavirus outbreak.

The Campaign Against Living Miserably_(CALM)

Leading a movement against suicide.

CALM are still operating a [webchat and phone line service](#) from 5pm until midnight everyday.

Action for Happiness

Aims to create a happier and kinder world, suggesting things to help you try to live a happier life.

NHS Every Mind Matters

The NHS have produced a [guide to mental wellbeing while staying at home](#).

NHS Mood Self-Assessment Tool

For over 16s, this [mood self-assessment tool](#) can help you to better understand how you have been feeling recently.

Sometimes, it can help to speak to another person over the phone. You can contact the following organisations for support:

Breathing Space

Breathing Space offer a free confidential phone and web based service for people in Scotland experiencing low mood, depression and anxiety.

Telephone Number: 0800 83 85 87 (open 6pm – 2pm only, or 6pm – 6am on weekends).

Samaritans

You can contact the Samaritans free by either phone or email. They are available 24 hours a day, 365 days of the year.

Telephone Number: 116123

[Website](#)

Children and Teens (or for Parents and Carers of Children and Teens)

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Scottish Autism Right Click Programme

Scottish Autism offer a free online programme to parents & carers called Right Click. We have a programme specifically for parents of younger autistic children, teenagers and adults.

Grandparents and wider family members can also access this programme to support their own understanding. The programme lasts five weeks with new content released each week. You can find out more and register online [here](#).

Young Minds

A website with dedicated resources to support your child's wellbeing.

[Young Scot coronavirus support](#) for young people.

Papyrus

The UK charity for the prevention of young suicide.

[Hopeline UK](#) is where you can find details about how to contact Papyrus.

GIRFEC Toolkit

Your resource for Improving Children and Young People's understanding of their wellbeing.

Place2Be Website

Mental Health Resources for schools.

Autism Toolbox

A website dedicated to giving information and resources to schools and professionals. Includes information on transitions and supporting anxiety.

Reach

A website dedicated to supporting children and young people to understand their rights at school.

Childline

Providing help and advice on a wide range of issues. They have posted [a message](#) about the service they are currently able to offer.

They have a '[Calm- Zone](#)' on [their website](#), where you can access breathing exercises, ways to express yourself, yoga videos and more.

Dreamy Kid

Currently offering a free category on the app during the coronavirus outbreak.

Stop, Breathe, Think

Offer a free app to support children to discover quiet focus and more peaceful sleep.