

Please note all information provided in this booklet was correct at time of publication. Always check via contact or websites for the respective organisations for latest details.

This book has been compiled by **Rethink Mental Illness** services within Wiltshire and the **Wiltshire Service Users' Network**.

This booklet has also been possible due to input and guidance from **Lucy Dawson (Expert by Experience)**.



This booklet is available to download from:  
[rethink.org/wiltshirewellbeingcafes](https://rethink.org/wiltshirewellbeingcafes)

Published: May 2025

**Rethink  
Mental  
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness  
Phone **0121 522 7007** or  
email [info@rethink.org](mailto:info@rethink.org)

[rethink.org](https://rethink.org)

Rethink Mental Illness, a company limited by guarantee. Registered in England Number 1227970. Registered Charity Number 271028. Registered Office 28 Albert Embankment, London, SE1 7GR. Authorised and regulated by the Financial Conduct Authority (Firm Registration Number 624502). © Rethink Mental Illness.

**wsun**  
Wiltshire Service Users' Network

We aim to give people who use services in Wiltshire a voice in shaping the services they rely on.

For further information on Wiltshire Service Users' Network  
Phone **01380 871800** or  
email [info@wsun.co.uk](mailto:info@wsun.co.uk)

[wsun.co.uk](https://wsun.co.uk)

The Wiltshire Community Care User Involvement Network is a Not for Profit Company Limited by Guarantee, Registered in England and Wales No 2870293.

**Rethink  
Mental  
Illness**

**wsun**  
Wiltshire Service Users' Network



*Including national support*

# Autism and mental health in Wiltshire

Autism is not a mental health condition. However, incredibly high numbers of autistic people experience poor mental health.

**This guide provides you with a quick reference on what key support is available for those with a diagnosis of Autism.**

#### **Wiltshire Autism Hub (WAH)**

supports individuals 14+ years, with a diagnosis of Autism, living in Wiltshire. Provide 1:1 support, peer group support and travel support.  
[wsun.co.uk/wiltshire-autism-hub](https://wsun.co.uk/wiltshire-autism-hub)

#### **Chippenham Collective**

provide social gardening and conservation opportunities for those who feel isolated due to mental health or neurodiversity.  
[chippenhamcollective.co.uk](https://chippenhamcollective.co.uk)

#### **Wiltshire Employment Support Team (WEST)**

employment service for people with SEN and disabilities, including autism.  
[wiltshire.gov.uk](https://wiltshire.gov.uk)

#### **'AS We Are' Peer Support Group**

a social group for autistic people (18+) who live in Wiltshire (online and in-person meets). No formal diagnosis necessary.  
[wsun.co.uk/as-we-are-group](https://wsun.co.uk/as-we-are-group)

#### **Wiltshire Community Support & Outreach (also known as Mill Race)**

day support service for adults 18+ with learning disabilities, autism and mental health issues.  
[family-action.org.uk](https://family-action.org.uk)

**withINsight Social** informal social get-togethers for neurodivergent people in and around Salisbury.  
[withinsightcoaching.co.uk/events/withinsight-social/](https://withinsightcoaching.co.uk/events/withinsight-social/)

#### **Safe Spaces**

a registered place that has agreed to offer help and support if someone is anxious or scared  
[safeplaces.org.uk](https://safeplaces.org.uk)



### **Community Accessibility**



Some supermarkets (for example Asda, Tesco, Morrisons and Lidl) have introduced 'quieter hours' to support a more accessible and relaxed in-store shopping experience for customers. Check respective supermarket websites for further details and what they offer.



[accessiblescreeningsuk.co.uk](https://accessiblescreeningsuk.co.uk) a listing site to help you find information on accessible screenings in UK Cinemas (including Autism Friendly screenings).

### **Recommended websites and organisations**

#### **National Autistic Society (NAS)**

offers a wide range of services and support for autistic individuals and their families.

[autism.org.uk](https://autism.org.uk)



**Online Branches**

#### **Autistica**

offers a variety of resources and services aimed at improving the lives of autistic individuals and their families.

[autistica.org.uk](https://autistica.org.uk)

#### **Autistic Radio**

an online radio network that focuses on sharing authentic voices and experiences from the autistic community.

[autisticradio.com](https://autisticradio.com)

NAS Online branches are volunteer-led, for autistic people to reach out and seek peer support for a shared interest, identity or experience.

### **Some tips and guidance**



#### **Recharge your social battery**

Social interactions can quickly exhaust our social battery. Learn ways for you to balance activities that drain your energy with those that recharge it.



#### **Manage sensory overload**

Consider how you might create a sensory-friendly environment for yourself to help avoid or manage sensory overload.



#### **Create a routine**

A regular routine fosters a stable environment, which can alleviate anxiety and ease the management of daily activities.



#### **Stay physically active**

Build movement or regular exercise into your routine as physical activity is highly beneficial for mental well-being.



#### **Keep a journal**

Writing down your thoughts and feelings in a journal can be a helpful way to process your emotions.