

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

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**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**

rethink.org

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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**

wsun.co.uk

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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

Chippenham Collective

provide social gardening and conservation opportunities for those who feel isolated due to mental health or neurodiversity.
chippenhamcollective.co.uk

Wiltshire Employment Support Team (WEST)

employment service for people with SEN and disabilities, including autism.
wiltshire.gov.uk



Safe Spaces

a registered place that has agreed to offer help and support if someone is anxious or scared safeplaces.org.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

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



Useful Phone App

Molehill Mountain has been developed by Autistica and King's College London to help autistic people understand and self-manage their anxiety.

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 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



Online Branches

Autistica

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

autistica.org.uk

Autistic Radio

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

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.