

ASD

Embrace My Happy

FREE wellbeing service for young people and adults (aged 11+) who are affected by autism

Self-awareness and wellbeing

- Understanding yourself and your autism
- Self-care strategies
- Personalised wellbeing routines
- Activities to promote wellbeing and relaxation
- Activities to support your confidence and self esteem

Practical tools and strategies

- Recognising, understanding and regulating emotions
- Strategies to support with personal challenges at home and school
- Personalised visuals, resources and helpful tools
- Referrals and signposting
- Advocacy

connecting with others

- Peer support groups
- Social and communication skills to support friendships
- Special interest groups
- Online social support
- Adult ASD-specific workshops and information sessions
- Identifying your network of support and how to access it

Services are available face to face, over the phone and via video call

Small group and 1:1 support available

To access this support:

Email: wellbeing@daisychainproject.co.uk

Call: 0800 031 5445 (freephone) or 01642 531248

Available to anyone pre, post, during diagnosis or affected by autistic traits and from anywhere in the UK.

This service is not a replacement for counselling or professional mental health support.

The service does not operate 24/7.

Information about the service can be translated into a different language upon request.