

Resources for Autism Counselling

Are you autistic, identify as autistic, or supporting someone who is?

You're welcome here

Areas you might want to explore:

- ✓ Anxiety, stress & overwhelm
- ✓ Grief & bereavement
- ✓ Relationship & family dynamics
- ✓ Parenting & caring
- ✓ Identity & self-understanding
- ✓ Burnout & masking
- ✓ Life transitions & emotional strain

I offer a warm, accepting space where you can talk freely, reflect on your experiences, and explore whatever feels important to you—at your own pace. Whether you're navigating anxiety, relationships, sensory overwhelm, or simply seeking deeper self-understanding, you don't have to do it alone.

What to expect:

- Space to talk and be heard—without judgement
- As an autistic counsellor, I offer a unique, first-hand understanding of the challenges and strengths that come with being autistic.

Sessions run for 50-minutes
Take place in-person at our offices in Temple Fortune, NW11 6AB, or online over TEAMS.
Self-Selective rate: £40-£60
For more information please contact MSimmons@resourcesforautism.org.uk

