



Resources

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Events



February News and updates

Autism Central

Finding your balance

New wellbeing resources for parents and carers.

Learn more about the impact of self-critical thinking, and what we can do to be more compassionate with ourselves. Dr Naomi Fisher and Eliza Fricker discuss key themes using entertaining and relatable illustrations with practical exercises to follow.

The series includes:



'Am I doing this all wrong?'



'Dealing with other people'



'Why do I feel so drained?'**'Looking after yourself'**

To watch these you need to be logged in to the website, once you've setup an account. Click on 'login or register' to access the series.

[See the full series](#)**Book a one-to-one**

Find help from your regional hub.

[Find your hub](#)

Autism Central is designed to help families learn more about autism and how to navigate support.



Autism Central is a peer education programme, commissioned by NHS England.

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