



Resources

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Events



November

News and updates

Autism Central

New guide: Autism and mental health

A guide for parents and carers to support understanding of common mental health difficulties, includes how to support your autistic family member in developing strategies to achieve and maintain good mental health.

Log in to access this guide.

Access the guide





Jade, Joe and James' story: Supporting the sensory needs of non-speaking children.

Jade shares how she discovered her children's sensory needs and what they do to support them.

[Read more](#)

Book a one-to-one

Find help from your regional hub.

[Find your hub](#)

School attendance

This video is part of the new series on navigating education and working well with school from Dr Naomi Fisher and Eliza Fricker.

Watch this episode to learn more about working with your school to support your autistic child.



[Find out more](#)

10,152 one-to-ones delivered to parents and carers



Latest programme numbers

Read more about Autism Central and see the latest numbers of parents and carers learning more about autism through the programme.

[Read more](#)

Coming soon...

The **second series** of the podcast focusing on autism and **relationships**. Host Holly Sprake-Hill meets autistic people, parents and professionals to talk about experiences and tips.

Missed the first series?

[Series one: Sensory processing](#)



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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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