

# Specialist Autism

## FAMILY SUPPORT SERVICE

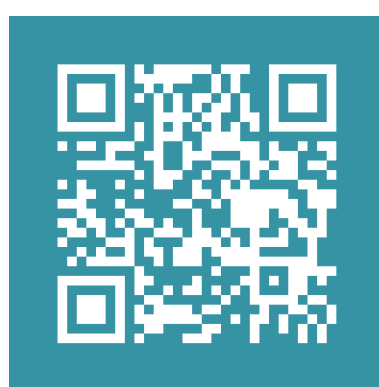
We provide tailored pre diagnostic, throughout diagnosis and post diagnosis family support sessions which is a chance for parents/ carers and families to have an in-depth chat with members of our family support team in a safe space, where you have access to specialist support, advice, strategies, suggestions and resources, as well as signposting to other relevant agencies and that much needed listening ear and understanding. These sessions can be face-to-face at the Hub, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family.

Our support appointments are always carried out by two members of the team ensuring a broad spectrum of experience available at each session. We research and create new resources and stay up to date with local offers and services available to signpost and inform our families.

We send follow up emails for all sessions which include an overview of the conversation held and we attach resources and links, strategies, advice and recommendations and if necessary we print and post relevant resources to families.

**If you would like to arrange a family support appointment, please email [autism.hub@ttht.co.uk](mailto:autism.hub@ttht.co.uk) or contact us on 0191 816 0550.**

**Scan here to find out more about the Autism Hub and how we can support you:**



**I can't tell you how much it's been a great help to have someone listen and understand.**

**It's helped me have a greater understanding and awareness of the struggles an autistic individual had and how you can support them. I was at a loose end until I found the Hub. It's a vital local service to those who need it.**

**A listening ear at the Autism Hub has really helped calm my anxiety and the seminars on various topics have been educational and really helped me to understand my son better.**

