



Bristol Autism Support

A diagnosis of autism is just the beginning of the journey...

We can help you to find and understand what help is available for you, your child and your family.

We are an independent, registered charity that provides peer-to-peer assistance and information about autism and help with supporting children with special education needs. Our volunteers are all parents and carers with years of experience supporting their own autistic children.

We will support you, your family and your child every step of the way, from childhood to adulthood.

We can help you with:

Managing difficult behaviours

Finding support for your child at school

Supporting your own mental health

Understanding autism

What support and funding may be available

What local play and leisure activities are available

Help with your child's life transitions

How do I get help with school?

I'm feeling very isolated

How can I help my child with...?

What support am I eligible for?

How do I manage this behaviour?

Does anyone else's child...?

Where do I go for...?

Where can I take my child to play?

How can I help my child make friends?

Some of the services we offer:

In-person and Zoom support group meetings

Email and phone support

6-week befriending service

Courses and webinars

Family socials

Mental health and wellbeing support

Helpful website

What parents and carers say about us:

"I have felt supported and cared for. Someone always has an answer or a suggestion or a kind word. I have never felt judged."

"It's amazing meeting other parents, making friends and getting information."

For more information, please get in touch:

Telephone: 07787 452164

Email: enquiries@bristolautismsupport.org

Facebook: search for Bristol Autism Support

Website: bristolautismsupport.org

What happens next?

How do I talk to my child about their diagnosis?

Where can I get emotional support?

My family doesn't understand