



Useful Contacts – Adults and Allies

- **Summit** diagnostic pathway support before and after and Likeminds groups
- **Essex Early help and wellbeing team**
- **ADHD Plus Support** Local charity- lived experience, workshops, meet ups
- **Autistic Parents uk** Being an Autistic parent can raise unique challenges one-to-one peer support – workshops – podcasts – webinars.
- **Employ Ability** – a specialist employment support charity working with people experiencing mental ill health
- **ECL** Inclusive employment support
- **Peabody** Support information and advice for people who need support with housing-related issues. This could include assistance with managing your tenancy, getting out of debt, or finding work. –benefit applications
- **Autism Understood** website <https://autismunderstood.co.uk/> A website for young people and all who want to learn from a Neuroaffirming perspective
- **Action for Family Carers** Essex organisation, a range of connection and support for all ages including young carers , time for you grants and more
- **Essex Carers Network** For families caring for a family member with a learning disability



Qr code to link to our contact form on Website