

# Autism Support Helpline

A free, confidential service providing advice, support and information for neurodiverse adults, young people and their families.

## 0800 031 5445

Autism | ADHD | Sensory Processing Differences

No matter what stage of your journey, we can offer:

- Strategies
- Resources
- Signposting to other services
- Advice
- Supportive listening

  
**Daisy Chain**  
A haven for families affected by autism

Lines open:

Mon-Thurs 9am-8pm

Friday 9am-5pm

Nationwide support



HM Government

In partnership with

THE NATIONAL LOTTERY  
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