

# Project for Autism at Richmond CAMHS

## Support and information for Richmond Families

Our service provides support and information for children and young people aged 5-18 and their families who are either awaiting an assessment or have recently received a diagnosis of Autism Spectrum Disorder through the CAMHS or Richmond Emotional Health Service Neurodevelopmental Teams.

Our Helpline service is available by telephone or email or you can make an appointment to visit us for a face-to-face meeting at Richmond CAMHS. The helpline offers information and advice as well as support and signposting to local services.

**Contact us on: 0203 5133246 (available Tuesdays 10am – 1pm)**

**Email: [parc@swlstg.nhs.uk](mailto:parc@swlstg.nhs.uk)**

We also offer the following post-diagnostic groups:

### **Young people's support and information group (aged 8 and above):**

Attending this afterschool group will help young people to find out more about ASD and how to manage difficult situations, as well as learning how to use their strengths to their best advantage. This group is appropriate for children and young people who have recently been diagnosed, or are finding out about their diagnosis at a later stage.

Dates: November 13<sup>th</sup> – December 11<sup>th</sup> & January 15<sup>th</sup> – February 12<sup>th</sup> (5 week courses),

Tuesdays 3:45-5pm, Twickenham

### **Parent /carer's support and information group:**

This group aims to help parents and carers learn and understand more about ASD and associated difficulties and strengths. It is also an opportunity to meet other parents and carers in your local area and to share knowledge and experiences.

Dates: November 7<sup>th</sup> -28<sup>th</sup> & January 23<sup>rd</sup> – February 13<sup>th</sup> (4 week courses),

Wednesdays 9:30-11, Richmond Royal Hospital

**Please contact us to book a place in either of these groups or to find out more information about our service:**

**Tel: 0203 5133238**

**Email: [parc@swlstg.nhs.uk](mailto:parc@swlstg.nhs.uk)**



**Respectful**



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