

Tees Valley Autism Support Professionals Brochure

A needs-led service available to individuals
living in the Tees Valley who are 16+.

adult.support@daisychainproject.co.uk
01642 531248 (option 2)



**DAISY
CHAIN**

NHS
**North East and
North Cumbria**

Tees Valley Autism Support is commissioned by North East and North Cumbria Integrated Care Board (NENC ICB) and delivered by Daisy Chain. The service is designed to be needs-led rather than diagnosis-led, meaning individuals on the waiting list for an autism assessment can also access support.

Who is the Tees Valley Autism Support Service for?

The Tees Valley Autism Support service is designed to provide support to those aged 16+ living in the Tees Valley who:

- are on the waiting list for an autism diagnosis
- already have an autism diagnosis

What is the Tees Valley Autism Support Service?

The service is needs based, and tailored to the requirements of each individual. Support offered may include:

- Information and advice
- Peer support drop in sessions
- Bookable 1:1 appointments
- A programme of psychoeducation designed to support individuals to understand themselves
- Signposting to local support

Where will the services be delivered?

The service has been designed to be as accessible as possible and support will be available both in person and online. Weekly drop ins also take place at venues across the Tees Valley.

For up to date information, please scan the QR code below.



Services on offer

Understanding Myself Workshops

Our Understanding Myself workshops have been designed in co-production with autistic people to support individuals to better understand themselves. Workshops will be available at accessible locations across the Tees Valley and will also be available online.

1:1 Support

Appointments are needs led, and available over the telephone or face to face at accessible locations across the Tees Valley. We can also provide support online.

Peer Support Drop Ins

Our peer support drop ins provide a welcoming and accessible environment for autistic individuals to connect with each other and get support.

These groups are facilitated by our specialist staff and attendees are welcome to bring a friend, family member, or support person. The groups take place at accessible locations across the Tees Valley.

To find out more, please scan the QR code below.



How do I signpost somebody for support?

For further information about the service:



Call the team on 01642 531248 (option 2)



Email adult.support@daisychainproject.co.uk and request a referral form.

To view our online self-referral form, please scan the QR code below.



Please note that this is a support service, rather than a mental health service.



We cannot support with complex mental health issues



We cannot provide crisis support.

If you are unsure if your signposting is appropriate, please contact the team via email.



adult.support@daisychainproject.co.uk



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