

# Useful links for families with children and young people who are on the autism spectrum



Happier | Healthier | Hopeful

## National Autistic Society

[www.autism.org.uk/north](http://www.autism.org.uk/north)

Lots of information for families and professionals about living with autism spectrum conditions.

## What is Autism?

<http://www.autism.org.uk/about/what-is/asd.aspx> <http://www.autism.org.uk/about/what-is/asd/intro-easyread.aspx>

Information on autism for families.

## Research Autism

[www.researchautism.net](http://www.researchautism.net)

Research Autism is UK charity dedicated to research into interventions in autism. Information for professionals and families.

## Database of Children with Autism Spectrum Disorder Living in the North East

[www.dasne.org](http://www.dasne.org)

Resources for families and professionals. This is not a support service for individual families, but you may find information about research studies that you may be interested to take part in.

## Cumbria County Council

<http://www.cumbria.gov.uk/healthandsocialcare/adultsocialcare/autism/autism.asp>

Information on autism and the autism Alert Card in Cumbria.

## Health Watch Cumbria

<http://healthwatchcumbria.co.uk/what-now/>

Training courses for families after the diagnosis of autism.

## Autism Spectrum Matters

<https://www.disabilitymatters.org.uk/course/view.php?id=93>

This free learning session highlights some of the specific challenges faced by children and young people on the autism spectrum and their families

## Autism Medical Action Trust

<http://www.autismeducationtrust.org.uk/the-den.aspx>

Useful information for families on health and wellbeing.

