

Surrey Mental Health Support Teams

Scan or click here
for the NAS
Surrey Branch



- Out-of-hours advice line for parents and carers struggling with neurodevelopmental need, such as autism. Open 5pm until 11pm, 365 days a year. Please call 0300 222 5755.
- Advice, information and resources
- Mental Health services in Surrey



- Advice and guidance on a wide range of topics
- Parent Workshops: Self-refer by calling 01483 521744 or emailing SeResourcecentres@nas.org.uk
- Parent-to-parent emotional support service.



- Parent Helpline for advice, emotional support and signposting
- A guide for parents on Autism and Mental Health
- Advice about supporting your child's mental health



Search facility to allow site-users to access information in various areas such as health, education, treatments and therapies, personal support, living support, money and legal, recreation and holidays, books and magazines and ASD friendly businesses.

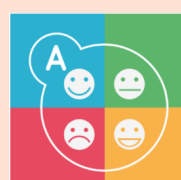
Recommended Apps



Molehill Mountain is an app which helps autistic people to understand and self-manage their anxiety.



MyAutismTeam is a social network and support group for parents of kids with autism.



Autimo was designed to help people with autism to learn to recognize emotions and facial expressions through identification games.

Recommended Books

Helpful books to support you to understand Autism and learn strategies to support your child.

