

Toolkit for Yourself

If you are in crisis now please call 111 and select Option 2 (Mental Health) or for immediate danger, please call 999

Reaching Out – Self help

You can call the Samaritans on 116 123 who will listen without judgement and are available 24 hours a day 7 days a week.

There are a lot of situations that can affect your mental health, changes in living arrangements, bereavement, illness, money worries, loneliness and lack of hope. Understanding that your feelings are completely justified and receiving help on how to manage them should give you some control back.

Reaching out to family and friends or talking to someone impartial who is trained to support with Mental Health and can listen without judgement is one of the most important steps in having better mental health.

The first step, calling or text, may be daunting, but make it, you matter, and people do care.

Local Support

If you live in the Teesside region, the local Mental Health Support teams for people who have autism include:

- **Tees Esk Wear Valley (TEWV) – 0300 013 2000**
- **Daisy Chain – 01642 531248**
- **MAIN – 01642 608012**

Resources

Please see below a selection of resources that can help you to understand how you are feeling, support to help, advise and acknowledge your feelings about suicide and what you can do to help yourself before you reach a crisis point.

- **Website title:** Adapted Safety Plan

Website Description: This page gives the findings of Newcastle University's study on the effectiveness of safety plans and provides a copy of the Adapted Safety Plan you can use at home.



Website Link: [Home \(google.com\)](https://www.google.com)

■ **Resource title:** Papyrus Coping Strategies

Resource Description: This document provides a range of strategies that may help you with coping during a mental health crisis.

Resource Link: [Coping Strategies \(papyrus-uk.org\)](https://www.papyrus-uk.org)

■ **Website title:** Coping strategies from Mind

Website Description: These are some coping strategies recommended by the national mental health charity, Mind.

Website Link: [What can I do to help myself cope - Mind](https://www.mind.org.uk/information-support/what-can-i-do-to-help-myself-cope)

■ **Website title:** Autistic mental health champions

Website Description: This website showcases the stories of autistic individuals who have experienced mental health challenges and what supported them through difficult times.

Website Link: [Mental Health in Autism - Champion Videos \(google.com\)](https://www.google.com)

■ **Website title:** Side by Side

Website Description: Side by Side is an online peer-support community by the national mental health charity, Mind.

Website Link: [Side by Side: our online community - Mind](https://www.mind.org.uk/information-support/side-by-side)

■ **Resource title:** NHS Autism health passport

Resource Description: This document allows you to communicate your needs and requirements within a healthcare setting.

Resource Link: [nhs-autism-health-passport.pdf \(leedsth.nhs.uk\)](https://www.leedsth.nhs.uk/nhs-autism-health-passport.pdf)

■ **App title:** Molehill Mountain



App Description: Molehill Mountain was produced by top researchers in collaboration with autistic individuals and is designed to help support autistic individuals manage their anxiety.

Google Play link: [Molehill Mountain - Apps on Google Play](#)

Apple Store link: [Molehill Mountain on the App Store \(apple.com\)](#)

- **Website title:** Shout's mental health tips for autistic individuals

Website Description: A list of tips on how to support your mental health by crisis service Shout 85258

Website Link: [Things you can do to look after your mental health if you are autistic | Shout 85258 \(giveusashout.org\)](#)

- **Website title:** Autism and mental health - Mind

Website Description: This website provides information about autism and mental health by the national mental health charity, Mind.

Website Link: [Autism and mental health - Mind](#)

- **Website title:** Suicide & Co

Website Description: Suicide and Co provide 12 sessions of free counselling to anyone 18+ who has been bereaved by suicide in England or Wales.

Website Link: [Suicide&Co | Support after Suicide Bereavement \(squarespace.com\)](#)

- **Website title:** Autism Central

Website Description: Parents and carers of autistic children, young people and adults can find out about autism and services available. This website has its own resources, one-to-one chat to find local support, and virtual support groups.

- **Website Link:** [Autism Central Support](#)

- **Website title:** CALM (campaign against living miserably)



Website Description: No nonsense approach to “look out for someone”

Website Link: [CALM](#)

■ **Website title:** Shining a light on suicide

Website Description: The aim of the campaign is to prevent suicide and provide information to help those bereaved by suicide.

Website Link: [Shining a light on Suicide](#)

■ **Visual Support – Mindfulness videos**

[Calming video](#)

[Under the sea](#)

[Soothing visuals](#)

