



here to **help**

# Autism & Mental Health

## Sessions for autistic people

These free-of-charge sessions will provide you with information, advice and guidance as well as practical tips you can use at home.



### LOCATION:

Lilyanne's Wellbeing Cafe  
Titan House  
141 - 147A York Road  
Hartlepool  
TS26 9HL



**EVERY FRIDAY**  
2pm – 3.30pm

