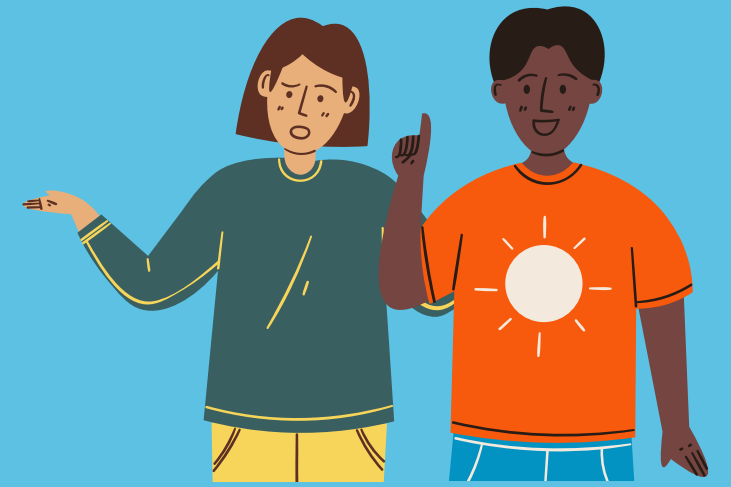


# Where can I find support?



## Autism Spectrum (ASD/ASC, PDA)

Logos for National Autistic Society, PDA Society, and aspens (Care • Support • Empower).

## Tourette's Syndrome

Logo for Tourettes action, featuring a small figure icon.

## ADHD

Logos for ADHD FOUNDATION (The Neurodiversity Charity) and ADHD aware.

## General support

Logo for The Brain Charity, featuring a colorful brain graphic.

## Dyslexia

Logo for British Dyslexia Association.

## Dyspraxia

Logo for Dyspraxia Foundation, featuring a stylized figure.

Find urgent  
help here:

Samaritans logo: Call us free 24/7 on 116 123, samaritans.org.

Text Shout logo: TEXT shout TO 85258.

Young Healthwatch logo: Brighton and Hove.