

How to contact us

Telephone

Call 0808 800 4106

You can call at any time, day or night, and leave a message on our 24-hour answerphone. Please be aware that you will not speak to someone immediately as this is not a manned line. If you leave a message, we will call you back as soon as possible at a time which suits you.



We encourage you to leave as much information as you can in your answerphone message, including:

- > suitable times for a volunteer to call you back
- > whether you are happy for an answerphone message to be left, or for a message to be left with another member of your family
- > whether you would like to speak to a mother or a father.

Online

Fill in our online enquiry form at www.autism.org.uk/parent-to-parent-enquiries

The National Autistic Society is the UK's leading charity for people affected by autism.

We are the leading UK charity for people with autism (including Asperger syndrome) and their families. With the help of our members, supporters and volunteers we provide information, support and pioneering services, and campaign for a better world for people with autism.

Around 700,000 people in the UK have autism. Together with their families they make up over 2.5 million people whose lives are touched by autism every single day. Despite this, autism is still relatively unknown and misunderstood. This means that many people don't get the level of help, support and understanding they need. Together, we are going to change this.

From good times to challenging times, The National Autistic Society is there at every stage, to help transform the lives of everyone living with autism.

We are proud of the difference we make.

The National Autistic Society
393 City Road
London EC1V 1NG

Autism Helpline: 0808 800 4104
Switchboard: 020 7833 2299
Minicom: 0845 070 4003
Fax: 020 7833 9666
Email: nas@nas.org.uk
Website: www.autism.org.uk

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Parent to Parent Service

Talk to someone who really understands what it's like to live with a child or adult with autism.

Call 0808 800 4106

Accept difference.
Not indifference.



Would you like to receive confidential emotional support from another parent?

Parent to Parent is a UK-wide confidential telephone service providing emotional support to parents and carers of children or adults with autism. The service is provided by trained parent volunteers who offer telephone support from their own homes. The Parent to Parent volunteers are based across the UK, so parents don't have to share information with someone in their local area.

"It was great to speak to someone who had been in my position and understood so much of what I am going through and what my son is going through."

Our volunteers have personal experience of autism and the impact it has on their own families. They can give other parents the opportunity to talk through problems and feelings. They can suggest helpful strategies, or provide a non-judgmental listening ear.

Our volunteers can:

- > provide an impartial listening ear
- > support you in identifying key issues and strategies
- > direct you to appropriate services for information and advice
- > call you back at a convenient time during the day, evening or weekend
- > offer you complete anonymity, as our volunteers are distributed across the UK.



Our volunteers cannot:

- > answer your call straight away, but we will call you back as soon as possible
- > provide face-to-face support
- > provide you with ongoing support.

"I cannot thank the volunteer I spoke to enough. For the first time as a parent I felt understood. I have felt so isolated for such a long time."

Join our team

Our service is provided by parent volunteers who offer telephone support from home. Full training and support is provided to our volunteers.

If you would like to volunteer with our Parent to Parent Service, go to www.autism.org.uk/volunteer-for-parent-to-parent and fill in our online volunteer enquiry form.

"These people are amazing to be prepared to give their own time like this to help others and I cannot thank you enough. Thank you so much."

