



IOW Autism Support Hub



Lonely? Confused?
Anxious? Need some
advice or someone to talk
to during the Coronavirus
lockdown?



Peer support through Telephone,
instant chat or video call

The new Autism support hub provides someone to talk with lived experience that understands. You can book a call with us in advance, or call during helpline hours. Whether you are just feeling isolated, or are overwhelmed get in contact.

Monday 4pm-9pm
Tuesday 11am-4pm
Wednesday 4pm-9pm
Thursday 11am-4pm
Friday 4pm-9pm

**For autistic adults,
and their families,
and parents /carers
of autistic children
and young people**

email

support@aimisleofwight.co.uk

Phone

07498 500607



Skype - search IOW autism support hub



IOW Autism Support Hub

FAQ Frequently Asked Questions

Telephone

07498500607

Facebook

@aimisleofwight

Skype

Search IOW autism
support hub

Email

support@aimisleofwight.co.uk

How do I contact the support hub?

You can use any of the methods shown in the box. You can book a call or call during helpline hours

What if I want to talk to one Peer support worker in particular?

You can book a call or chat by emailing us, or using the Facebook appointment booking button on our Facebook page. Each peer supporter has different skills and interests

I'm a parent of an autistic child, can I call?

Yes! We are happy to talk to anybody, parents carers, family members and of course autistic people themselves.

We don't have a diagnosis yet can I still call?

We are happy to talk to people about the assessment process and provide support going through this.

What can I talk to you about?

We talk to people who are very anxious or worried, people who may be lonely and just want a chat, people who need help with daily life, people who are frustrated and need someone to listen, but most of all we want to share our experience with anybody that might benefit. If you are not sure if we can help, let us try