

# Communicating With Autism

Interactive Zine

NELFT **NHS**

NHS Foundation Trust





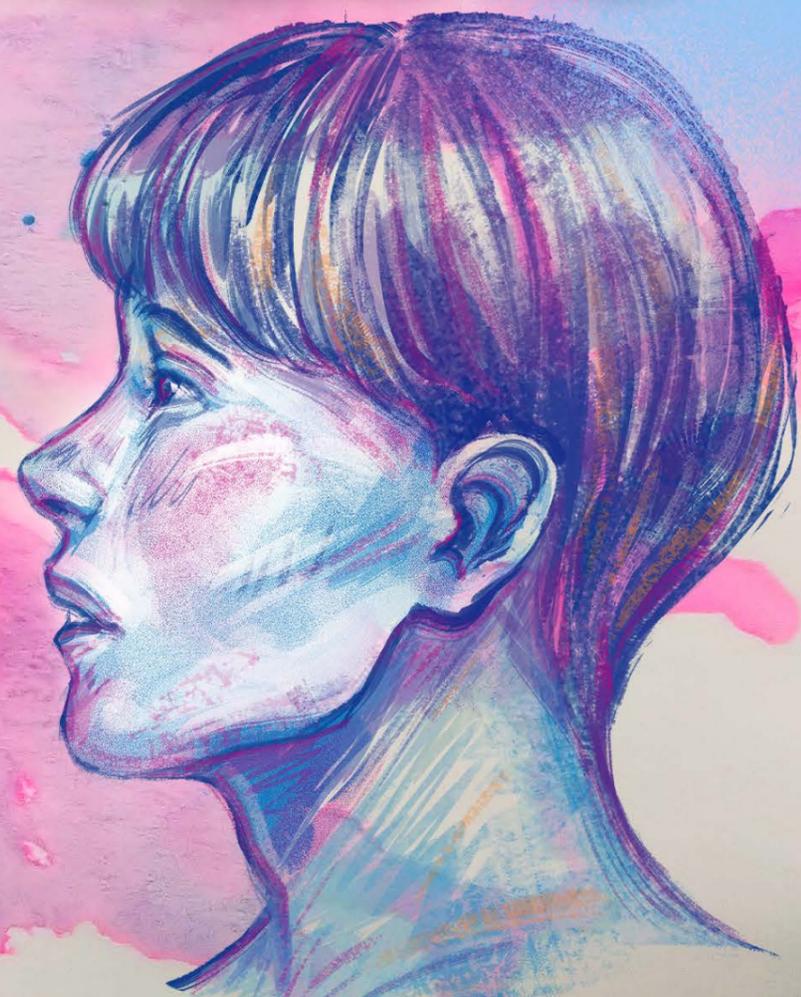
Reconnecting takes a lot of emotional energy, time and courage.

When I reach out, I fear rejection, that it's too late, or that I can't deal with the pressure of contacting someone regularly.

Autism for me feels like my instruction manual for life got lost in the post.

I struggle with anxiety and depression, and find communication difficult.

This means I drop out of contact with people...leaving me isolated, not being able to reach out to the people I love.



But, I have been met with so much compassion and understanding that it made the struggle worthwhile.

In social interactions I get nervous that I will make a mistake and offend people. I want to speak or reach out, but my mind is blank. I just can't think of anything to say.

Or I can't understand why people would want to spend time with me, so I don't reach out.



How are you doing? x

I'm not sure...

Sorry

That's okay!

I had a bad day, can we get coffee later?

Of course!

I began by saying more than one word to my mum. When I branched out beyond immediate family, I identified safe contacts that keep checking in with me.



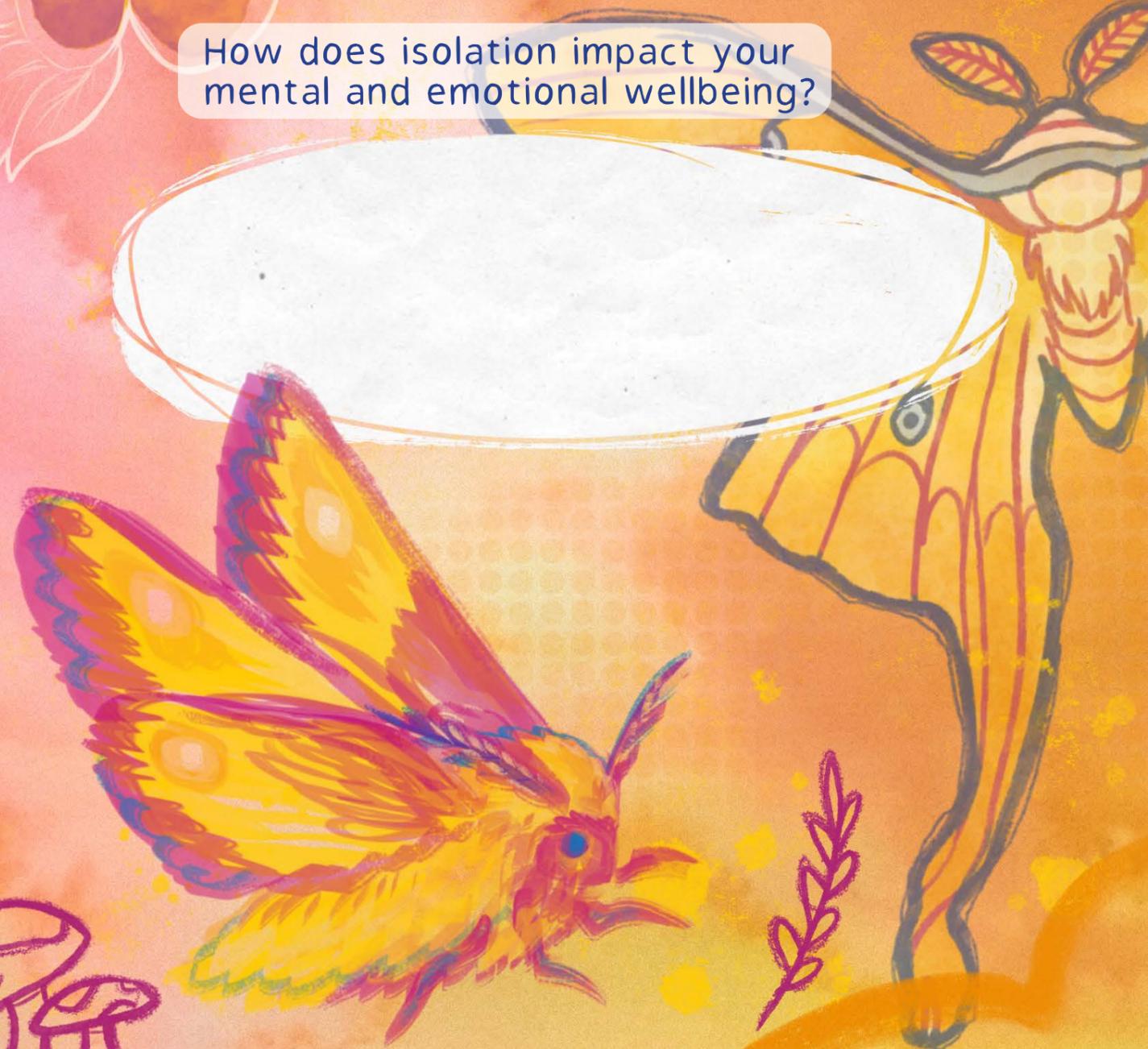
# MOOD

# TRACKER

You can use the stickers to express how you are feeling!

Are there specific challenges you face when communicating with others?

How does isolation impact your mental and emotional wellbeing?



# DOODLE PAGE





## YoungMinds Parents Helpline

We support parents and carers who are concerned about their child or young person's mental health. Our Parents Helpline provides detailed advice and information, emotional support and signposting.

Opening times:  
9.30am-4pm, Monday-Friday  
0800 802 5544

## National Autistic Society

Supports autistic people and their families. You can find lots of information and advice on their website:

<https://www.autism.org.uk/>

They also have a network of local branches.

Scan for  
more info!

