

We're not so complicated to treat!

adapting mental health services for autistic people

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42%

**not understood,
listened to or
taken seriously
by practitioners**

"They ALWAYS treat me like I'm just a bit stressed [...] I was suicidal."

52%

**had negative
experiences**



26%

**denied mental
health services
as a direct result
of being autistic**

"As soon as my autism diagnosis was confirmed, I was kicked off the mental health waiting list."

40%

**believe there is
nothing out
there to help
them**



30%

**had problems
with inaccessible
services**

36%

**said practitioners
had inadequate
autism knowledge**

"I'm told that depression and anxiety is normal for me."

AMASE

Autistic Mutual Aid Society Edinburgh

**Helping autistic people
to help each other.**

www.amase.org.uk/mhreport

Key findings from the AMASE autistic people's access to mental health support report by Sonny Hallett & Catherine Crompton. Full report and summary: www.amase.org.uk/mhreport

“...but which bits are the autism??”

Why/how is **being autistic relevant** to the mental health support a person should get, and what mental health professionals should do?

“Why are they not engaging?”
“But we’re not set up for that!”

How do we overcome **communication differences**, and respond to challenges to **existing systems**?

“How can I find out how best to work with them?”

How can we **collaborate to find solutions?**
(both systemically and individually)

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AMASE mental health report:
www.amase.org.uk/mhreport

AMASE guide to supporting autistic people with
their mental health:
www.amase.org.uk/mhguide