

Cost: £4100

The National Autistic Society East Renfrewshire branch

Project location: Online and
within the local community

Project name: NASER Light Minders -
Teens mental health group



What is your project?

The project is to develop a course that can be used to support autistic young people in understanding that the connections between autism and mental health conditions. The program will be written by a psychologist who specialises in therapeutic, nurturing, and mentoring therapies alongside autistic young people.

The program would be a set of pre-recorded videos, so that the branch can run the sessions as often as needed.

The program would look like –

Week 1. Introduction

Week 2 & 3. Therapies and strategies

Week 4. What next? What to do in a crisis

Week 5. Group meet-up /social event

Who is the project for?

This project is intended to support autistic teens who have either been diagnosed, pre-diagnosis or self-identify.

