

Dear Friends,

As promised, please find all the details of our consultation on autism and mental health which is now live and available online. If you can pass this on to any parents that may be interested, we would be very grateful.

Our Branch of the National Autistic Society, working in partnership with Hampshire Autism Voice, are undertaking a consultation about mental health services for children, young people and adults with autism. We are being assisted with this by Autism Hampshire. The consultation is being funded and supported by Healthwatch Hampshire. *(Please note this consultation is about mental health services and not about your personal health issues nor the process of getting an autism diagnosis).*

There are 3 ways you can contribute to this consultation.

### **1) Online Survey**

This short survey will take 15-20 minutes to fill in.

There are two surveys available:

- This survey is for any **child or adult with autism** who has accessed or tried to access mental health services in the last 3 years, visit <https://www.surveymonkey.co.uk/r/X252KZM>
- This survey is for **parents, carers and professionals** who have accessed or tried to access mental health services in the last 3 years on behalf of their child or adult with autism, visit <https://www.surveymonkey.co.uk/r/TVC3YWT>

Please feel free to forward to any other interested parties to circulate as widely as possible. A paper copy is available for those who are not comfortable using the online version. Please contact Vanessa Cosby, HAV Network Coordinator, at [admin@hampshireautismvoice.org.uk](mailto:admin@hampshireautismvoice.org.uk) if required.

The results of this survey will be made available on our website in due course and will be fed back to Healthwatch Hampshire, the Hampshire Autism Partnership Board and local Clinical Commissioning Groups. Your contact details will not be circulated to any third parties. The survey will close on **21 November 2016**.

### **2) 1:1 Interviews**

**Do you have autism or Asperger syndrome? Would you like to be interviewed as part of this consultation?**

We would like to consult with 10 adults who have autism or Asperger's about mental health services.

If you:

- Live in Hampshire (excluding Southampton, Portsmouth or Isle of Wight)
- Have experience of using or needing to use mental health services in the last 3 years
- Can spare 30 - 40 minutes to be interviewed on the phone (or in some cases to meet up)

Your views will be included anonymously within our report.

If you might be willing to help us with this or for further information please contact Kath Cornish, Autism Hampshire Community Access Project Officer, Tel: 02380 766162, Email: [kathryn.cornish@autismhampshire.org.uk](mailto:kathryn.cornish@autismhampshire.org.uk)

### **3) Attend a focus group**

As previously announced, two focus groups will be held, facilitated by Kathryn Cornish from Autism Hampshire. The first of these is at the NAS South Hampshire Branch's Support Group meeting **tonight, Monday 17<sup>th</sup> October**, at Bishopstoke Evangelical Church at 7.30pm and the second will be at Brunch Club in Café Dome, Brighton Hill Parade, off Sullivan Road, Basingstoke, RG22 4EH on **Friday 21 October** from 10:30am to 12:30pm ([www.thecafeproject.co.uk](http://www.thecafeproject.co.uk)). Parents and carers are welcome to attend either group – refreshments can be purchased at both meetings.

Many thanks for your help.

Regards

**David and Rachel Carter**

The National Autistic Society, South Hampshire Branch

Email: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)

Registered as a Charity. No. 269425