



## **Autism and mental health courses from The Charlie Waller Memorial Trust**

Our vision is a world where people understand and talk openly about depression and mental health, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to anyone who needs it.

Here at the Charlie Waller Memorial Trust we recognise that accessing good support for mental health conditions can be particularly challenging for autistic children and their families. We understand that much of the mental health advice and support that is widely available does not necessarily meet the specific needs of autistic people.

The Trust aims to support autistic children and young people by equipping them with the information they need to look after their mental wellbeing, helping them to recognise the signs of mental ill health and to explaining how to seek help should it be needed. We do this by providing autism-specific evidence-based advice and guidance to children, young people, families and professionals.

All our courses and workshops are 'needs led' and are carefully adapted to meet the specific requirements of each group but here is a small selection of some of the topics we have covered in the past:

- Autism acceptance and awareness
- Autism and anxiety
- Autism and suicidal ideation
- Autism and emotional regulation
- Autism and sensory processing
- Autism, adolescence and puberty
- Understanding and supporting autistic distress behaviours
- Parent-carer wellbeing and support

These courses are delivered by Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading. Her PhD research focuses on the wellbeing of autistic children in mainstream primary schools. She is also an Associate Lecturer in the School of Education at Oxford Brookes University where she has taught across various programmes on aspects of child development, SEND & inclusion. In addition to her research and teaching, Jo is parent to two autistic sons and has extensive lived experience of barriers to and facilitators of good mental health.

All our training is free of charge but we are not directly funded by local authorities or CCGs so the majority of our work is enabled through fundraising. While we don't charge for our services, we are very grateful for any donations to support our work.

Please contact [jo.billington@cwmt.org.uk](mailto:jo.billington@cwmt.org.uk) for more information or to book a workshop for your school or organisation.

