

ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

Service offer from Number 6



Who is it for?

Autism Initiative's ND:well service is delivered through the Number 6 One Stop Shop. The service is for autistic adults aged 16 to 24 who have an autism diagnosis and have no additional learning disability. They must also be resident in Edinburgh.

If someone suspects that they are autistic, but they do not have a diagnosis, they can still contact Number 6 to discuss the best way to get an autism assessment.

What is it?

Our ND:well service is part of a network of community mental health services in the city of Edinburgh, it runs as part of a partnership with Barnardo's and Tailor Ed. It is designed to support young autistic adults build resources to improve their mental health and wellbeing, as well as address daily stressors that may be creating challenges.

We offer free social opportunities (<http://www.number6.org.uk/NandC.html>) and 1-1 advice and support on a range of issues, including:

Employment - including finding and maintaining employment. Support may be given for the application and interview process, as well as discussing difficulties that arise in the workplace.

Housing - including support with housing applications (e.g. Edindex) and advice on financial or other issues that may help to maintain a tenancy.

Benefits - including letters you have received, new applications and support for appeals/tribunals.

Problem solving support can also be provided in the following areas: Education, Mental Health and Relationships. This includes supporting the development of self-awareness and self-advocacy as well as tools and resources that help wellbeing. This covers emotional regulation skills, meeting and managing sensory needs, taking care of physical health and addressing social isolation.

How does it work?

Groups run online and at Number 6. 1-1 appointments can take place online, at Number 6 or at your home or in the community, for instance arranging to meet for a walk and talk.

Appointments are limited to 3-6 sessions to develop strategies for specific situations and areas of difficulty.

This partnership runs in collaboration with CAMHS, meaning there's oversight from a Clinical Psychologist on the service.

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What can I expect?

At our first meeting, we will complete an assessment to better understand your current situation, what's most important to you, and how we could best support you. Depending on this initial assessment, we may recommend you try one of our workgroups, or we may address your current situation on a 1-1 basis. If you're offered 1-1 initially, it may be that we suggest trying a group later on; likewise, being offered a group doesn't mean 1-1 won't be available once you finish it.

We have two workgroups, with group 1 running for 5 weeks and group 2 running for 6 weeks.

Group 1 is all about autism, and it's designed for young people with an autism diagnosis. It focuses on what it means to be autistic, and how to explain autism to others, with support from other young autistic people.

Group 2 focuses on emotional health and wellbeing from an autistic perspective. It explores topics such as values, identity, motivation, special interests, sensory needs and aims to help young people feel connected to their community, develop a better understanding of self, and offer a reflective space about aspects in their lives they may need more support with.

<p>Awareness, insight & identity</p>	<p>Self advocacy</p>	<p>Emotion regulation</p>	<p>Sensory</p>	<p>Physical health</p>	<p>Interests & passions</p>	<p>Connectedness</p>
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How do I access it?

We accept self-referrals and third-party referrals. Please email NDwell@aiscotland.org.uk and we will organise an initial appointment via phone/video call or in person at Number 6 or the family home.

For more information on services from our partners get in touch

NDwell@barnardos.org.uk

NDwell@tailoredfoundation.co.uk

