

# Support for autistic people and their families

Free online resources to support autistic children,  
adolescents, and adults

- Strategies and guidance from leading clinicians
- Insights from autistic people with real experience
- Tips you can use every day
- Online discussions and live Q&As
- Videos, blogs, podcasts, and more
- Links to other helpful resources

[autismunlocked.co.uk](https://autismunlocked.co.uk)



SCAN ME



Lancashire and  
South Cumbria  
Health and Care Partnership