

## What support can I get?



We have a specialist service for women with learning disabilities and or Autism



We provide one to one specialist support work.



You will have a support worker who will meet with you.



Your support worker can help you with things like:

- Managing your feelings



- Advocate for you (write letters, speak to other services)
- Give you information about other services.
- Talk about healthy relationships
- Support to build Confidence



Your support worker can support you for up to 6 months.



We also offer workshops and training.



We can talk about healthy relationships and consent.



We can also tell you more about counselling where you can talk about any bad things that have happened to you and think about feelings.