



## Specialist ASC Counselling Service

Express CIC supports families in Kingston upon Thames and beyond providing a range of services to autistic children, young people and their parents/carers.

Express has a specialist counselling service for autistic people (age 16+).

Sometimes as an autistic person, life can be very challenging. You may have had your diagnosis when you were young or much more recently; either way the world can be difficult to navigate. It can be hard to talk to others about your feelings because you don't want to burden them, or you fear they won't understand.

Counselling can offer a safe space where you can talk through all your difficulties and anxieties. A counsellor is trained to listen and support you in a non-judgmental way, creating a safe space for you to express your thoughts and feelings, whatever they may be.

Our service offers weekly counselling sessions with a specialist counsellor who has knowledge and understanding of autism. The sessions are one-to-one and held online or face-to-face at the Express offices in Tolworth. There is a cost\* for this service and we offer up to 12 sessions initially.

For more information, please contact [counselling@expresscic.org.uk](mailto:counselling@expresscic.org.uk).

\*By accessing our service you can help others to do the same, we charge the local standard rate for this specialist service. A percentage of this goes back into the service and enables us to offer subsidised and fully funded sessions for those who otherwise would not be able to access this support.