**Information and advice: national websites and helplines**

**[NAS](https://www.autism.org.uk/what-we-do/help-and-support)**

The National Autistic Society is the leading UK charity for autistic people and their families.

Their website provides comprehensive information, advice and support for individuals and families about a very wide range of topics including:-

* Diagnosis
* Behaviour
* Communication
* Strategies and approaches
* Family life
* Education
* Benefits and Care

The NAS also have a helpline and can offer specialist advice on education rights and advice on transition support as well as a parent-to-parent support service.

**Helpline:**0808 800 4104

[**Contact**](https://www.contact.org.uk)

Contact is a national advice and information service supporting families with guidance and information. They also bring families together to support each other. They provide advice on education, benefits, childcare, social care, medical information and more.

**Tel:**0808 8083555
**Email:**info@contact.org.uk