



Coventry and Warwickshire  
Integrated Care System

## Coventry Community Support for Neurodivergent People and their Families

---

Listed below are some useful local organisations, which offer a variety of information and advice for Neurodivergent People and their Families.

Click the link below to jump to these resources.

Community  
Support

Peer  
Support

*Please note: Coventry and Warwickshire Integrated Care System (ICS) makes every effort to ensure that information in this document in relation to ICS and its activities is accurate and up-to-date. Health and care system partners do not accept responsibility for the content, reliability or views expressed within any of the external websites, apps, videos, podcasts and further reading linked to in this document. For security, data protection and privacy policies please view our [www.happyhealthylives.uk/privacy](http://www.happyhealthylives.uk/privacy)*

### Dimensions of Health and Wellbeing

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can rate yourself or another person against a number of dimensions related to health and wellbeing. The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services and support.


 [dimensions.covwarkpt.nhs.uk](http://dimensions.covwarkpt.nhs.uk)

### Community Support

**Act for Autism** is a social enterprise that provides unique insights about autism via specialist workshops and coaching for parents, carers and teachers, autistic children and young adults. They have an Instagram page where you can find out about their webinars and a YouTube channel with lots of useful videos.

 [actforautism.co.uk](http://actforautism.co.uk)

 Instagram [www.instagram.com/actforautism](https://www.instagram.com/actforautism)

 Understanding autism Training [actforautism.co.uk/info/workshops](http://actforautism.co.uk/info/workshops)

 YouTube Channel [www.youtube.com/channel/UCmLq-sOBD2FPgn1JV-06IXA](https://www.youtube.com/channel/UCmLq-sOBD2FPgn1JV-06IXA)

 [Connecting and Communicating with Your Autistic Child](#)

**Kooth (11-24)** (not Neurodivergent specific) is an anonymous, free online mental health and emotional wellbeing support service for children and young people living in Coventry and Warwickshire. It offers one online session with a qualified counsellor, peer-to-peer support through moderated online forums, and the opportunity to read and contribute articles.

 [www.kooth.com](http://www.kooth.com)

## All-Age Coventry and Warwickshire Community Autism Support Service (CASS)

Pre-assessment and post- diagnostic community support is available for people in Coventry and Warwickshire who may self-identify as autistic, those awaiting an autism assessment and those with an autism diagnosis.

1. **Navigation** – a single phone number and email with a dedicated support team, is available Monday- Friday, 8am- 8pm. This team are available to help with emotional support and, based on individual needs, they can signpost and provide information.
2. **Community Outreach** – working with individuals to identify goals and provide group, one-to-one and themed support for children, young people and adults.
3. **Peer mentoring** – to connect autistic people with trained peer mentors, with their own lived-experience, helping to support with daily routines, confidence building, and wellbeing support, exploring opportunities to engage in local activities and social and community groups.
4. **Training and education** – a programme of courses and webinars to suit all needs. Workshops, toolbox sessions and recorded materials to help build confidence and improve understanding of autism. Drawing on lived experience, all sessions and courses provide effective and practical support for day-to-day living, in the community, in school, and in the workplace.

### You can contact the Community Autism Support Service (CASS) by:

- 📞 Calling (024) 76 012333
- ✉ Emailing [navigation@casspartnership.org.uk](mailto:navigation@casspartnership.org.uk)
- 🖥 Browsing for the dedicated website [www.casspartnership.org.uk](http://www.casspartnership.org.uk) – hosting information, guidance and signposting links and online referral.
- 🖥 Updates and service news will be posted on Facebook, Twitter and LinkedIn – search for @casspartnership

**Mind (Coventry and Warwickshire) Vibes youth clubs** are for young people that have a diagnosis of autism spectrum condition, who live in Coventry and are aged between 7 and 18. Referral needs to be made by a professional working with the child or young person.

- 🖥 [cwmind.org.uk/asc-social-clubs](http://cwmind.org.uk/asc-social-clubs)

**Mind (Coventry & Warwickshire)** have a variety of services to ensure everyone with a mental health problem gets the support they need and the respect they deserve. This could mean having access to information, courses for you and your employer, a listening ear, or more specialist support and services to help someone to live and recover from their mental health problem.

- 🖥 [cwmind.org.uk](http://cwmind.org.uk)

**Coventry Parent Carer Forum - Contact\*** is currently supporting local parent carers to build a new parent carer forum for Coventry. Contact\* wants to make services better for children and young people who are aged 0 to 25 and have special educational needs and disabilities and/or health needs. To find out more about Coventry Parent Carer Forum, click the link below.

- 🖥 [www.coventrypcf.com](http://www.coventrypcf.com)

**The Coventry and Warwickshire Mental Wellbeing Line** provides connection, advice, information and signposting to other services for Coventry and Warwickshire residents, 24 hours a day, seven days a week, 365 days a year.

Call to speak to one of our friendly and compassionate advisors if you are feeling low, anxious, or stressed, having a difficult time coping, and need to talk to someone in confidence to find the right service.

☎ 0800 616171

🖥 [wellbeingforwarwickshire.org.uk/is-this-right-for-me](https://wellbeingforwarwickshire.org.uk/is-this-right-for-me)

**Grapevine** Coventry and Warwickshire help all kinds of people experiencing isolation, poverty and disadvantage in Coventry and Warwickshire. They work with individuals and communities connecting people together in activities which include, employment support, community-led campaigns and youth programmes, including:

- Help and Connect
- Teenvine Plus
- Coventry Youth Activists
- Connecting for Good

🖥 [www.grapevinecovandwarks.org](http://www.grapevinecovandwarks.org)

**Coventry Carer's Trust** offers a free and confidential information, advice and support service to meet the needs of Coventry's family carers.

☎ 024 7610 1040

🖥 [www.coventrycarers.org.uk](http://www.coventrycarers.org.uk)

**Coventry Young Carers** offer support and have sessions for young carers in Coventry and Warwickshire.

🖥 [www.carerstrusthofe.org.uk/young-carers](http://www.carerstrusthofe.org.uk/young-carers)

**My Health and Well-Being App Library** is a partnership between NHS CWPT and ORCHA with a range of quality assured apps to help support your health and wellbeing. Apps listed below may have a review in the app library.

⚙ [covwarkpt.orchaco.uk](http://covwarkpt.orchaco.uk)

**Safe Haven Coventry and Warwickshire** provides community-based, non-clinical support for those who have feelings of mental health and emotional distress. They offer drop in and telephone support from 6pm - 11pm every evening, messages can be left outside of these times. The service is for anyone aged 16 and over.

The service will help provide crisis de-escalation, emotional support and help with planning, face-to-face, one-to-one support, peer-led support, accessible activities, light refreshments and information and signposting.

☎ 024 7601 7200

📞 **Coventry** 07790 777039

✉ [support@cwsafehaven.org.uk](mailto:support@cwsafehaven.org.uk)

🖥 [cwsafehaven.org.uk](http://cwsafehaven.org.uk)

🖥 [Drop-in venues cwsafehaven.org.uk/location-and-travel](http://Drop-in%20venues.cwsafehaven.org.uk/location-and-travel)

## Peer Support

Peer support groups available locally enable you to connect with people with similar experiences. You don't necessarily need to live in the area to join these.

### Coventry

**CAFAG** (Coventry Action for Autism Group) is a support group for parents of children with autism.

🖥 [www.facebook.com/Coventry-Action-For-Autism-Group-154749287871091](https://www.facebook.com/Coventry-Action-For-Autism-Group-154749287871091)

**Autistic Girls Network** works to support, educate and bring change.

🖥 [autisticgirlsnetwork.org](https://autisticgirlsnetwork.org)

---

*Please note: Coventry and Warwickshire Integrated Care System (ICS) makes every effort to ensure that information in this document in relation to ICS and its activities is accurate and up-to-date. Health and care system partners do not accept responsibility for the content, reliability or views expressed within any of the external websites, apps, videos, podcasts and further reading linked to in this document. For security, data protection and privacy policies please view our [www.happyhealthylives.uk/privacy](https://www.happyhealthylives.uk/privacy)*

LDA-W-CS-V2

Updated 02/2024

Review Date 08/2024