


# ChatAutism

**A specialist text messaging  
support service for autistic  
people and their  
parents/carers**

**Send a text to:**

 **07312 277 097**

**Specialist  
Autism  
Team**



**Leicestershire Partnership  
NHS Trust**

**Get help and support with:**

**Emotional wellbeing**

**Understanding  
your autism**

**Healthy relationships**

**Finding  
support**

**Healthy lifestyle**

**and much more**