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| Welcome to Autism Practice - [**Click here to view online version**](https://nas-email.org.uk/YA3-789V1-262B74215FC6A9BFJ6780T2428382695E04B30/cr.aspx) |

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| **Autism Practice** |

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| **Bringing you the latest news, good practice, events and training** |

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| This month we are focusing on mental health and autism. This includes: important government proposals to change mental health law, information about our Autism and Mental Health conference, [**professional practice**](https://nas-email.org.uk/YA3-789V1-J6780T-4C9FJ0-1/c.aspx) articles and a case study from our adult residential services.For information on the latest coronavirus updates, [**please visit our website**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2K1-1/c.aspx). |

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| **Government proposal to change mental health law** |

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| **Mental health act logo** |

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| The Government has published promising new proposals to change mental health law in England and Wales. This could result in fewer autistic people being wrongly sent to mental health hospitals.**This is a huge step forward**. We and hundreds of thousands of campaigners have been calling for changes to mental health law for years, so it respects autistic people’s rights. At the moment, it allows people to be sectioned because they’re autistic – even though autism isn’t a mental health condition. The proposals will change this in some really important ways. |

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| Read more > |

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| **Improving mental health support for autistic people** |

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| **Training session image** |

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| Dr Conor Davidson and his colleagues discuss how they set out to **improve mental health support to autistic people** by training staff, launching an autism clinical pathway and improving diagnostic services. |

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| Read more > |

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| **Autism and Mental Health conference, 11 March** |

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| **Peter Vermeulen** |

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| Join us on our one-day conference to hear the crucial issues impacting the mental health of autistic people and strategies for support, including this fantastic session and more.**Coping with uncertainty : strategies for well-being**“With the Covid-19 pandemic, life is more uncertain than ever. Uncertainty is now probably a bigger threat for our physical and mental wellbeing than the virus itself. In this presentation, we will explore some strategies to increase the well-being of autistic people in times of uncertainty.”- **Dr Peter Vermeulen**, PhD in Psychology and Pedagogical Sciences, founder and CEO of Autism in Context, Senior Autism Lecturer and Consultant for Autisme Centraal |

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| Book your place > |

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| **Autism and mental health with Ella Tabb** |

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| **Woman in front of laptop icon** |

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| Ella Tabb, a blogger, YouTuber and autistic speaker, discusses her mental health difficulties prior to her autism diagnosis in her 30s. She explores how unmasking and strategies such as mindfulness have **helped to improve her mental health**.  |

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| Read the article > |

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| **Autism at Work Online Summit, 4-5 March 2021** |

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| **Autism at work summit online** |

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| Join us next month for our first Autism at Work Summit. Our sessions include: **creating a positive culture and working environment** for your autistic colleagues, creating an **autism-friendly workspace**, and more. Don't forget to share with employers, so they can join the conversation and learn from leading initiatives and outstanding speakers. |

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| Sign up today >  |

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| **Case study: meet Nathan, resident in our adult services** |

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| **Specialist adult services placements logo** |

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| Nathan was diagnosed with autism at the age of 43. He has struggled with his mental health over the years (he has received several different diagnoses in the past, including bipolar affective and borderline personality disorder) and has spent time in hospital.Through support from staff, **Nathan was able to gain insight into his autism diagnosis** as well as his mental health issues. Since joining our service, his confidence has increased. |

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| Read Nathan's story > |

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| **Live online training** |

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| **Understanding the workplace for autistic women**(5 days) |

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| [**Find out more >**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2K8-1/c.aspx) |

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| **Essential autism licensed user training** |

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| [**Find out more >**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2K9-1/c.aspx) |

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| **Autism and SPELL licensed user training** |

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| [**Find out more >**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2KA-1/c.aspx) |

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| **EarlyBird licensed user training** |

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| [**Find out more >**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2KB-1/c.aspx) |

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| **Autism and continence**  |

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| [**Find out more >**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2KC-1/c.aspx) |

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| [**See all training and events**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2KD-1/c.aspx) |

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| **Training and consultancy for organisations** |

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| **About:** |

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| Our team has worked with local authorities, healthcare, social care and education providers both across the UK and internationally. We can help you to improve your autism support and provision. This can include: * autism strategy
* development of autism awareness
* training needs analysis.
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| Find out more > |

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| **Autism Insight is kindly supported by Axcis Education** |

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| Axcis are leaders in SEND recruitment and work with schools and alternative provisions across England and Wales. If you’re looking for a teaching or support role, [**why not register on the Axcis website**](https://nas-email.org.uk/YA3-789V1-J6780T-4CA2ML-1/c.aspx) to find out how they can help? Or if you are a school seeking SEND staff, **contact Axcis today** and you’ll be put in touch with your personal consultant who will be happy to assist. |

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