Useful Services

Autism

<https://aspens.org.uk/>

<https://www.grace-eyre.org/>

<http://www.teamdomenica.com/>

Advocacy

<https://www.communityroots.org.uk/>

<http://impact-initiatives.org.uk/>

Counselling

This is an Autism specific counsellors. They are good, but not free.

<https://www.casscounselling.co.uk/>

This is an Autism focused counsellors.

<https://www.autismspectrumspecialists.co.uk/>

A list of various counsellors that have autism in their tags.

<https://www.psychologytoday.com/gb/counselling/autism/eng/brighton>

This is the main free NHS service.

<https://www.brightonandhovewellbeing.org/>

A clinic with various counsellors.

<https://therapyclinicbrighton.com/>

Another clinic with various counsellors.

<https://phoenixtherapypractice.co.uk/>

This is a low cost clinic.

<https://www.rockclinic.org.uk/>

Employment

<https://www.brighton-hove.gov.uk/content/social-care/health-and-wellbeing/supported-employment>

<https://www.southdown.org/how-we-help/employment-support>

<https://www.bht.org.uk/services/work-learning-employment/>

Education/Courses

<https://www.skillstraininguk.com/our-centres>

<https://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove>

<https://www.gbmc.ac.uk/adults>

Housing

<https://new.brighton-hove.gov.uk/adult-social-care/care-and-support-adults/supported-living>

<https://www.mindcharity.co.uk/advice-information/legal-advice-and-practical-support-in-brighton-hove/housing-homelessness/>

<https://www.bht.org.uk/>

<https://www.southdown.org/how-we-help/housing-support>