

# ChatAutism

ChatAutism is a messaging service that provides a safe and easy way to send a text message to a healthcare professional and get confidential help and advice. Through ChatAutism, **diagnosed or non-diagnosed autistic people** and their family and carers are able to access advice and support directly from the Specialist Autism Team on topics such as:



**NHS**  
Leicestershire Partnership  
NHS Trust

**Meet the ChatAutism team:  
Faye, digital practitioner  
and nurse**

Hi, I'm Faye. I help to answer all the messages that come through to the ChatAutism text messaging service. I also know first-hand what it is like to care for someone who is autistic.

I am kind, caring and want to help and support people as best I can. I am also a good listener and like to have a joke when the time is right.

Please get in touch and tell me how you're feeling so I can try and improve things for you.

- emotional wellbeing
- how to have a healthy lifestyle
- how to have healthy relationships
- advice on drugs, alcohol and smoking
- support with understanding autism
- signposting to helpful resources
- assessment and diagnosis advice.

- Text the Specialist Autism Team on:

- 07312 277097 or **[start a chat here](#)**
- Or use the link to find out more information: <https://www.leicspart.nhs.uk/autism-space/beyond-diagnosis/chatautism-text-messaging-support-service/>
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- **This service is open to people of all ages.** The service is available **9am-5pm every week day**, excluding bank holidays. The text line stays open during the school holidays too. You will receive a response within 24 hours, Monday to Friday.
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- This service is totally confidential: your information will only be shared if the health professional is worried about you or someone else's safety or if you share information which may be concerning or put you or someone else at risk or danger.