



here to help

Here to Help is a new project from SJOG which aims to raise awareness and provide information, advice and guidance regarding autism and suicidality across the North East.

WHO WE WORK WITH

SUPPORT

- MIDDLESBROUGH
- STOCKTON
- HARTLEPOOL
- DARLINGTON
- REDCAR AND CLEVELAND

WE WORK
ACROSS ALL
5 TEES VALLEY
REGIONS



autistic
individuals 14+
and those who support
autistic individuals
including parents, carers
and professionals



WE HAVE A WEB
PLATFORM FILLED
WITH RESOURCES
AND SUPPORT

AWARENESS ROADSHOW

We are planning an awareness roadshow across Teesside, taking our sensory bus around with us to raise awareness.

EMPOWER

We are not a crisis service and instead aim to empower individuals to feel able to support their own mental health and find the support that they need during crisis.



WORKSHOPS

We are also delivering workshops to support each group, which we will target to the needs of each community. **We can offer:**

Small group sessions for autistic individuals

which involve practical activities such as creating an adapted safety plan; producing a hope box; mindfulness and self-care.

Small group sessions on unmasking,

interoception and emotional recognition, cognitive flexibility and healthy habits (including diet, sleep and movement).

General training for professionals

on supporting autistic individuals in crisis, and more specific training on topics such as burnout, anxiety, depression and masking, and how these link to suicidality.

Online and face to face parent/carers sessions

on how to support their children with their mental health.

SJOG

www.sjogheretohelp.uk

HOSPITALITY

COMPASSION

RESPECT

**Supporting people
to live the lives they choose**

main
together raising smiles


Department
of Health &
Social Care