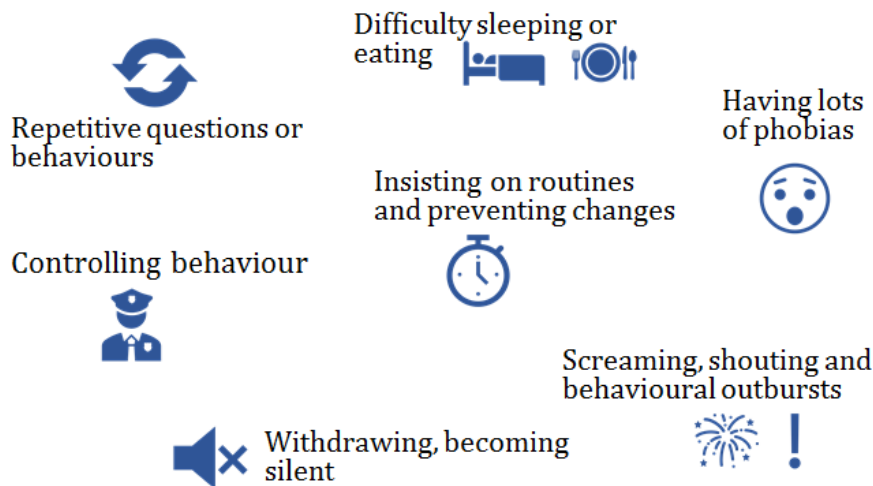


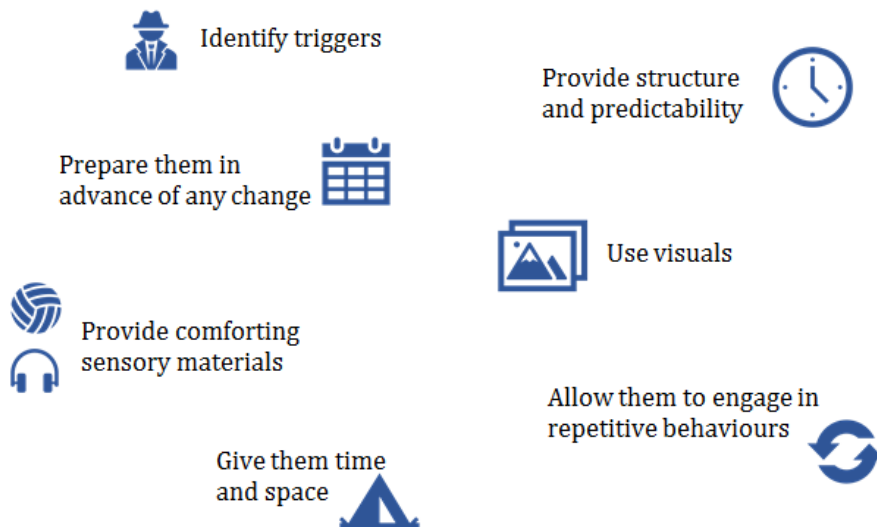
Anxiety

A guide for parents of children and young people with Autism

Anxiety in Autism can manifest in different ways. You might see the following:



To reduce anxiety, we recommend the following strategies:



For more information:

National Autistic Society - www.autism.org



Happy Maps - www.happymaps.co.uk

