

Adult Post-Diagnostic Support Availability at The Retreat Clinics

The Retreat Clinics currently has availability for Post-Diagnostic Support for adults who have received an autism diagnosis with us. However, the service is also funded for people who have received an assessment elsewhere. (Full report required and person registered with GP in North Yorkshire ICB catchment area)

Following a diagnostic assessment, many individuals have questions about what it means to be autistic and wish to explore this further. To support this, we offer optional-but often recommended-post-diagnostic sessions designed to help individuals better understand themselves and navigate life following their diagnosis.

Support Sessions

If you've received an assessment elsewhere you are able to have individual 1:1 post diagnostic support. These consist of three one-hour sessions delivered online via Microsoft Teams, typically facilitated by Ronnie Pinder, our Post-Diagnostic Lead, who is autistic himself.

Sessions are informal, flexible, and tailored to the individual's needs.

They provide an opportunity to ask further questions and explore topics such as communication, sensory differences, anxiety, and personal strategies

Referrals and Further Information

We welcome referrals from GPs and healthcare professionals supporting individuals recently diagnosed.

**For further information, please contact our team at
asdinfo@theretreatyork.org.uk
website www.theretreatclinics.org.uk
01904 412 551**

