

Autism and Addiction

Further Resources and Information
for Autistic Individuals



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DAPL



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“ It wasn't until I stopped forcing myself into a painful and harmful 'normal' way of life that I could breathe enough to not rely on the things that were necessary to make that 'normal' life manageable. It took me a long long time to realise that the biggest thing driving my addiction was trying to live like everyone else and finding it so hard to survive at the same time. Recovery for me started with giving myself permission to look after myself differently but that, after a lifetime, was hard.

SWAN Community Member ”

This resource was put together to be a starting point for individuals exploring their autistic identity and addiction. We hope that you find the following information helpful. Most importantly, we want you to know that there is a whole autistic community and that you are not alone as you face some of the challenges around addiction as an autistic person.

We have included details of many of the autistic organisations that are great sources of support and information as you explore both your autistic identity and addiction.

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How this Handout Works:

These boxes contain suggestions for further reading and resources.

These boxes contain prompts and questions for further self-reflection.

These boxes contain suggested activities you might want to try.

Our personal story videos, wellbeing guide and professional resources can all be found in the free resources section of the SWAN website. If you follow the QR code and scroll down to the 'FREE Pre-Recorded Training and Downloadable Resources Section



What does it mean to be autistic: Beyond Stereotypes


Throughout history, perceptions of autism have been shaped by inaccurate theories and stereotypes, many of which still influence society. Media portrayals often focus on narrow depictions—typically young, mathematically talented white males—which leads to misunderstanding and underdiagnosis among diverse populations and can leave individuals feeling alone, isolated or like they don't fit, both in neurotypical society or in the way they see autistic people represented..

The diagnostic criteria and societal understanding often fail to capture the full diversity of the autistic community, focusing instead on observable behaviours rather than internal experiences. The autistic community is varied and comprises individuals' internal experiences, external influences and intersections of aspects of their identity, culture, gender and so on.

That being said, there are some similarities that we share as an autistic community that make us autistic
Firstly, we are born autistic and that means we usually have differences in our thinking, socialising and movement, our sensory world and in our communication and the way we connect and interact.

If you are starting to explore what being autistic means for yourself, we have linked some more resources in different media formats at the end of this guide.

But here are some great places to start -

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- A pink rectangular sticker with white polka dots is placed over the top of the list.
- [SWAN Scotland](#)
 - [Different Minds](#)
 - [Reframing Autism - About Autism](#)
 - [There's no one way to be autistic](#)
 - [How to navigate being newly diagnosed](#)
 - [Aucademy - Getting Started](#)
 - [Autism Understood - What actually is autism](#)
 - [What is Autism - Autistic Advocate](#)
 - [Autistic Realms - Autism](#)
 - [Aurora Consulting - Knowledge Centre](#)

As you explore your identity, remember that the common misconception of the autism spectrum as a linear range from "low" to "high functioning" is misleading; the reality is multidimensional and dynamic, your strengths and support needs can coexist in different areas of life, and abilities can fluctuate due to numerous factors. You will be affected by things like sensory environments, the way you are communicated with, your energy levels, hormones and so on. The more you understand about yourself the better equipped you will be to align environments, relationships and activities with your autistic needs and stay away from the ones that don't (where possible!)



Are there representations of autistic people that you feel reflect your experience, or that you relate or connect to?

Space for your notes,
thoughts and reflections

What is an addiction?

The NHS website defines addiction as:

Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.

Addiction in general for all people usually takes the form of repeatedly engaging in an activity or continuously using a substance, even if the activity or use of the substance is harmful to your health and well-being.

It is very common to feel a loss of control and that you cannot stop yourself from engaging with the source of the addiction itself, even when you do not want to.

Addiction normally falls within two categories:

1. Substance-based (e.g. Alcohol, Drugs)
2. Behavioural (e.g. Gambling, Exercise, Shopping)

It is important to note that addiction is nothing to be ashamed of, and help and support are available if you wish to access them.

Examples of Addiction

Addiction can manifest in a variety of ways and can sometimes be hard to spot, especially if an addiction is tied to a pre-existing healthy special interest or has become an important part of your routine.

The defining factors are whether you are coming to harm or wish to stop but feel unable to, (compulsive engagement in addiction), even if you don't want to, which differs from a special interest or healthy routine you want to engage in. Below is a list of some of the forms addiction can take and behaviour that can show up because of it.

Note: This is not an exhaustive list and is simply some examples meant to build on our understanding of addiction and the impact it can have on us.

- Repeated use of alcohol or drugs (To the point of blacking out, spending money on a substance instead of food or other necessities)
- Excessive shopping (Spending money outwith your budget, taking out credit cards or using buy now pay later services to support frequent non-essential purchasing, purchasing items you do not want or need)
- Gaming (Getting angry when gaming time is cut short or access to gaming is limited)
- Gambling (Betting money that you don't have, frequent use of betting apps and websites, selling items you own to finance more bets)
- Exercise (Thinking about exercise frequently, getting distressed if you must miss a workout/feeling guilt)

Why might autistic individuals experience additions?

Every person (including you) is unique, and autistic individuals face many of the challenges that neurotypical individuals do. One of the biggest underlying factors that affects autistic people differently to neurotypical people is 'unmet' needs. Autistic people face daily challenges living within a world that doesn't align to their autistic ways of thinking, feeling, processing, communicating, learning, relating, and experiencing the world around us. Often leaving us experiencing distress, shame, stigma, pain, discomfort, isolation, and searching for ways to change this.

It is often in substances, or behavioural addictions that we might find a solution to our unmet needs, that we haven't been able to find elsewhere. And understanding what that unmet need was, and figuring out how else we might met it, is fundamental to our recovery.

If you simply remove the substance that has been mitigating your pain from co-occurring chronic ill health, or the substance that has been your mask to enable you to go to work, the route to which you socialised or found community it can be harmful. If you remove someone's base of escapism from a world that feels harmful its likely to be detrimental. Neuroaffirming support will help you to think about how else to meet these unmet needs, to understand your autistic self, to lean into your monotropism and take care of energy levels and so on.

Why might autistic individuals experience additions? (continued)

So what can these unmet needs and reasons look like?

- Social reasons – lower distress, aid masking and increase confidence, ‘positive social currency’
- Social reasons – combat loneliness and find a community – create large gaming followings, spending more time online or getting known regularly in the pub etc
- Sensory reasons – Dampen or heighten sensory experiences
- Sensory reasons – Shutdown and escape an overwhelming world, prevent a meltdown
- Sensory reasons – enter a social culture that embraces stimming and movement when taking substances
- Sensory reasons – Increasing appetite or making food textures more tolerable
- Energy levels – To push past burnout and keep going
- Energy levels – To rest and slow a busy mind
- Emotional reasons – to feel more connected (Alexithymia)
- Emotional reasons – to reduce the 0-100 feelings
- Trauma and survival
- Addiction stemming from a previous healthy interest
- Creating or maintaining routines

Common experiences



Do you recognise any of the reasons on the previous page? Here are what some SWAN individuals shared...

"I never had words to describe the pain of the noise in the office but I had drink. The drink made going to work less painful, it made the noise quieter so I could do my job"

"Sometimes I just needed to escape the pain of the world"

"I felt trapped in something that was also my only survival solution"

"I didn't have any friends until I started drinking and then I had lots, a hard part of recovery was realising they weren't really my friends. Now I have friends who share my love of Stranger Things and SWAN and I am actually happy not drink happy."

It snuck up on my because I never saw the shift between something that was a deep passion and a love and when it had tipped over into something that was so unhealthy and destructive to my life. Not only did I have an addiction but I had sadness at losing the one thing that brought me joy and safety - my gaming

Space for your notes,
thoughts and reflections



Blog Pieces

Autism and Addiction

Blog piece by Dr Natalie Engelbrecht, an autistic psychotherapist.

Autism and Addiction Part 2

Further writing by Dr. Natalie Engelbrecht.

Why did I use drugs? the feeling of being an autistic adult

Blog piece by David-Gray Hammond on his experience of being autistic and struggling with addiction.

An Introduction to Gaming Addiction Amongst Autistics

Blog piece by David-Gray Hammond on gaming addictions within the autistic community.

'I Drank Because I was Socially Awkward, Then I Got Sober and Discovered I'm Autistic

Blog piece by Chelsey Flood on her experience with alcoholism and the "12 step" recovery programme as an autistic person.

Alcohol, Autism and Me

Blog piece by Nix Renton covering his experience of addiction and accessing addiction support as an autistic person.

Autism and Addiction

A guide created by The National Autistic Society.

Being Neurodivergent and Addiction

Blog piece by autistic and ADHD person Viv Dawes on their experience of being late diagnosed and working within prison recovery services.



Books and Websites

Unusual Medicine: Essays on Autistic Identity and Drug Addiction

Collection of Essays by David Grey Hammond on his experience of addiction and addiction service.

Drinking, Drug Use and Addiction in the Autism Community

Written by Elizabeth Kunreuther and Ann Palmer, a blend of personal accounts from autistic adults and current research on the relationship between autism and addiction.

Asperger Syndrome and Alcohol: Drinking to Cope?

Written by Matthew Tinsley and Sarah Hendrick. Utilising their professional and personal experience, the authors provide an overview of ASD and of alcohol abuse, and explore where the two overlap.

Autistic Substance Use Network

A collective of researchers, professionals, and community members with a shared goal of developing neurodiversity-affirming knowledge about Autistic people and substance use through research and policy development.



Videos

"My Brain Works Differently": Autism and Addiction"

TEDtalk by Dylan Dailor.

Addiction, Self Medicating and Autistic Adults

Interview of Jenna by Orion Kelly (both autistic) on Jenna's experience of autism and addiction.

Being Autistic and a Person Who Uses Drugs

"Millie is an autistic person who uses drugs. They shared some of their journey with us in this video, including why they turned to opioids to cope with over stimulation and trauma. Their history and neurodivergence make them uniquely qualified for their role in substance use and addiction harm reduction."

Autistic People & Addiction

"In this session, David Gray-Hammond (he/him) chats to Annette (they/them) and Mel (she/they) about the under-researched link between being Autistic (or otherwise neurodivergent) and substance use and addiction."

Autism and Addiction

"Join us for an enlightening webinar that delves into the complex relationship between autism and addiction. This session is designed to provide valuable insights and practical strategies for professionals, care workers and those interested in understanding how these two conditions intersect and impact individuals and their families."



Podcasts

Autism and Addiction

"In this two-part podcast, the SSA's Rob Calder explores autism and addiction. He talks to Professors Julia Sinclair and Sam Chamberlain, Dr Janine Robinson and Chris Torry from the SABAA: Substance use, Alcohol and Behavioural addictions in Autism project that's been funded by the SSA."

Autism and Addiction (Episode 2)

The second episode of the SSA podcast: "In this second episode we explore treatment, policy and future research in relation to autism and addiction. We start by talking about the importance of co-producing publicity materials for addiction treatment services using universal design principles. Personalisation is always important and ever more so when working with autistic people, thus underlining the importance of involving autistic people in service design".

The Autism Podcast: Interview With David Gray-Hammond

"In this episode of The Autism Podcast, James Gordon and Chris Papadopoulos interview autistic advocate and author David Gray-Hammond. David shares his personal journey to getting an autism diagnosis as an adult and how finding the autistic community saved his life. He provides insight into his work on autism and addiction, discussing why self-medication and substance use may be more prevalent among autistic people."



Understanding the Link Between Autism and Addiction

"What many don't realize is that addiction can also be deeply tied to neurodivergence, particularly autism. Benjamin Lerner, a musician, writer, and recovery advocate, knows this struggle firsthand. Diagnosed with autism as a child, he spent years feeling overwhelmed by the world around him—searching for an escape."

You can note here any resources you have found...

“

There's no point trying to help with my addiction if you can't support me with the challenges I face as an autistic person in a neurotypical world.

”

What has been your experience of trying to access help? Have you been worried about finding the right help?

Routes of Support

Recovery Services –

If you feel you would benefit from accessing support from your local recovery service, there are a few ways to do this:

- Asking your GP to refer you
- Googling “[Insert your council area here] Recovery services” – This will give you the most information on what services are available in your area
- Self-referral- Some recovery services offer the option to self-refer by email, in person or by an online form
- Asking other autistic people for recommendations of local charities or organisations they have found helpful

Each service will have its own way of processing referrals.

If you are self-referring, you may be able to leave a note on your referral form or email application that you are autistic and any communication preferences or needs, for example you might prefer text communication or email communication.

It may also be possible for your GP to request virtual communication exchanges for you if they are referring on your behalf.

Routes of Support Continued

Once your referral has been received, your service will contact you to arrange an initial assessment appointment where you will be able to give an overview of your experience of addiction, your medical history and your support needs.

Normally, you are assigned one recovery worker who will be your main point of contact.

The services offered tend to be a mixture of 1-1 support provided by your recovery worker, group-work programmes or peer support-based groups.

You are under no pressure to take part in group programmes or activities if you do not wish to; your recovery support package is individual to you and the systems of support that work for you.

It's important that your recovery feels safe and meaningful to you and it's okay to ask for adjustments to the environment, communication and service delivery. Good practitioners will work together with you to achieve this.

Routes of Support Continued

Connecting with the Autistic Community –

Another really important route to support is connecting with other autistic people in general and autistic people with experience of addiction. This might be alongside accessing recovery services, until you are ready to access services or instead of accessing services. Each choice is individual and valid.

Connecting with the wider autistic community is a vital part of autistic well-being and can be a crucial means of support and advice when dealing with addiction. This can be done by:

- Attending autistic social meetups such as those facilitated by SWAN
- Following autistic creators online
- Joining autistic specific support forums (Such as SWAN Conversations)
- Reading or watching the experiences of other autistic people who have experienced addiction

It can be incredibly affirming to engage with the experiences of other autistic people who are where you are or have been where you are.

Both addiction and being autistic can create feelings of isolation or 'otherness', which can compound the struggles of addiction itself, but there is no need to go through this alone.

Routes of Support Continued

Harm Reduction –

There is a common misconception that one must be completely abstinent to recover from addiction or improve their quality of life, but abstinence is not attainable or realistic for everyone and is not the only strategy available when tackling addiction.

Harm reduction, or harm minimalization refers to the concept of policies, strategies, and individual practices aimed at reducing the negative impact of addiction.

This concept stresses the importance of dignity, safety, and autonomy, regardless of where a person is on their addiction journey. Harm reduction challenges the stigma that can be attached to addictive behaviour and dismantles the idea that abstinence or sobriety is the only way to recover or improve a person's wellbeing, instead focusing on strategies that can be used to reduce risk and/or suffering.

Some examples of harm reduction could include:

- A slow, steady reduction of substance use
- Clean needles
- At home drug testing kits
- Naloxone training
- Staying hydrated and fed
- Taking breaks
- Drug use education


Routes of Support Continued

This approach can work particularly well for autistic people, as sudden, complete removal of an addictive activity is a major life change for anyone but offers additional stress to an autistic brain that relies on sameness, routine and predictability to function and regulate.

Harm reduction examples in an autistic context:

- Aiming to keep your ingestion of substances the same dose as usual before attempting to reduce it (i.e. not ingesting more than usual)
- If your addiction is a key routine for you, pair that routine with a positive task, such as a meal or a drink of water
- Taking breaks to eat, drink or go to the toilet
- Brainstorming possible healthier routines or activities to replace your addictive behaviour in the future
- Identifying what support needs your addiction is aiding in (is it sensory based? Is it a stim? Is it helping with burnout? Is it pain management?)
- Making time for autistic wellness (Time to unmask, stimming, special interest time, sensory breaks)

Routes of Support Continued

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- A pink rectangular sticker with white polka dots is placed on the top edge of the light green box.
- <https://www.healthline.com/health/substance-use/harm-reduction>
 - <https://www.nedac.co.uk/harm-reduction>
 - <https://www.simonscotland.org/programme/harm-reduction/>
 - <https://www.release.org.uk/basic-harm-reduction>

Self Advocacy and Reasonable Adjustments

Advocating for yourself or asking for reasonable adjustments can be hard for a number of reasons.

- You might have tried in the past and been dismissed, invalidated or harmed by others reactions
- You might have worries about being seen differently or as being difficult and rejected from a service
- You may not know what would be helpful, this isn't a service or situation you have been in before so knowing what would help is hard.
- You might not be sure if you are autistic and so it can feel wrong to suggest it to other people until you are sure

Advocacy can take a huge range of forms, from asking for small and personal things like preferences in where you sit, to speaking out in social media or political campaigns.

A really good starting point is trying to get to know yourself and that can be hard when you are going through addiction. But even recognising the things that impact on you or cause you distress or distraction.

Try and remind yourself that you are valuable and worth your voice being heard even if previously others have suggested or told you otherwise.

Self Advocacy and Reasonable Adjustments

You don't have to advocate on your own, connecting with other autistic people to get ideas about what might help, reading others experiences can help to know what to ask for. Looking into more formal advocacy options if you are finding it difficult to get your needs heard and understood.

Here are some ideas and suggestions -

Before your support-

- It can be a helpful idea to arrange a tour of your recovery service building prior to your support beginning.
- A tour also gives you an opportunity to do a practice journey to your recovery hub and a chance to enquire about quiet spaces you can retreat to if you feel overwhelmed or potential spaces you can wait in to avoid the general waiting room.
- If a physical tour isn't an option or feels too much then potentially the service may have a walk through video on their website or that they could send you.
- If it's helpful you can ask for a photo or the opportunity to meet members of staff ahead of time.
- You do not have to disclose that you are autistic to your allocated recovery worker if you do not feel comfortable doing so, but it can be helpful.

Self Advocacy and Reasonable Adjustments

During your support-

Your support should be tailored to work for you. We know it can be hard to advocate for yourself, or even know what might be helpful, but it is okay to ask for any accommodation or adaptations you feel would be of help to you or even things you would like to try out to see if they would be beneficial. There are lots of different kinds of adjustments that might help, but here are some examples:


- Visual Information – things drawn out, pictures, videos, graphic art
- Copies of your session notes or a summary to take home
- Predictable environments and flow of session – the beginning and end always being the same and familiar
- Blinds down or soft warm lighting in the session room
- Time at the start of each session to address any questions from the previous week or the end to clarify things
- Space to move, pace, wiggle, dance, jump
- Breaks in session, or a longer session with time to process
- Focus on 1-1 support over groupwork
- Space to talk about/focus on interests
- Use of fidget toys or comfort items
- Text or email communication instead of phone calls
- Emotion wheels or help to make sense of feelings in an autistic way
- Quiet space or adding in music
- Communication cards, colouring/art supplies/ and other alternative communication methods

Further examples can be found [here](#)

Understanding my needs – Sensory and communication profiles

Sensory-Aid Boxes

Just like a physical first aid box these are things that help you look after your wellbeing through your sensory needs in emergencies or when you need some self care and comfort. This can change from situation to situation and it might be a useful idea to include items which will increase (stimulate) and decrease (calm) your arousal levels. Create a box or a bag that you have in an accessible place that has things in it that help you feel safe, regulated and calm, you could keep it in your work bag, at home, or in your car. It might have in it anything that you find helpful!

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- Interoception and masking
 - On being regulated and Calm
 - Interoception and Mental Wellbeing
 - Autism ADHD and Interoception
 - Interoception Resources
 - Thriving Autistic- Healthcare Passport
 - Autistic Girl's Network - Hospital Passport

Monotropic Focus and Addiction – What's the difference? A Personal Perspective

When looking at addiction through an autistic lens, deciphering the difference between a monotropic flow state and engaging in an addiction can be difficult. Behaviorally (externally), they can look alike, but the internal drivers for each and the experiences of each are vastly different.

They are both complex concepts of their own. Trying to understand the two and separate observable, external behaviours into neat 'addiction' vs 'monotropic' boxes is not possible.

What we must look at instead is the internal drivers behind each, the emotions and experiences that come as a result, and the difference between something nourishing and helpful and something that is causing harm.

I am going to try to explain this through my own experiences as an autistic addict.

As a teenager and in my early 20s, I was addicted to alcohol and abused alcohol. I would drink daily; it would be the first thing I did in the morning and the last thing I did before passing out at night. I would drink in public, private, alone, or with others.

Monotropic Focus and Addiction – What's the difference? A Personal Perspective

It served the purpose of allowing me to survive in a neurotypical world as an undiagnosed and unaware autistic person. I did not enjoy drinking, nor did it bring me any happiness or improve my overall wellbeing. I was not happily focused on it; I felt like I needed it to survive. I did not feel I had a choice or agency in the matter. My alcohol intake continued to increase even though I did not enjoy drinking in and of itself.

As a teenager, one of my special interests was a supernatural fantasy television show. I watched it daily and upon finishing the final episode would start again from the beginning. I would talk about it with anyone who would listen, would spend all my alone time researching fan theories and would invest in collectibles specific to the show. Doing this filled me with immense joy; it helped me regulate my nervous system and, at the lowest times in those years, gave me something to want to wake up for. It benefited my life and contributed to my wellbeing and autistic expression in a positive way.

If we examined my behaviour only, my behaviour in relation to drinking and to my special interest looked essentially the same. Both were daily features in my life, both took up a great deal of my time, both were engaged in with other people and alone. The difference lay in how they made me feel, how they affected my wellbeing and whether or not I felt I had a choice to partake in each one or not.

Monotropic Focus and Addiction – What's the difference? A Personal Perspective

I would choose to watch an episode of my show and be excited at the prospect of getting to the next one. I did not feel like I was choosing to drink; I felt like a slave to alcohol. I did not look forward to drinking; I longed for the break it gave me.

For example, with my special interest, I could focus on that show for hours and forget to eat, but I wasn't doing that on purpose, I was just so happy and enthralled with what I was doing. When drinking, I often didn't eat as I didn't want to 'sober up'. On the surface, the behaviour was the same, but the reason behind each vastly different, one activity I was choosing to engage in, and one was a harmful coping strategy. One activity enriched my life, and one damaged it.

If you are unsure if an activity is more indicative of addiction or of healthy autistic focus, it can be helpful to consider:

- What are you experiencing internally when you partake in this activity? And it's okay if you don't have words for this
- Do you feel you can choose how/if/when you partake in this activity?
- What does 'flow state' look like for you and does this activity differ from that?

Monotropic Focus and Addiction – What's the difference? A Personal Perspective


- Is the activity something you want to engage in, or is it something you feel the 'need' to do, regardless of if you enjoy it or not?
- Is it meeting another unmet need?

Be curious and open to learning about autistic processing and autistic joy. Learning about monotropism can be really helpful in recovery

be of great benefit to any autistic client accessing recovery services.

I hope my experience of addiction as an autistic person can begin to shed some light on the difference between a harmful addictive pattern and a healthy autistic expression.

by Layla

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- Monotropism and Wellbeing, from Fergus Murray
 - Autistic Experience – Aucademy
 - Autistic Realms – Monotropism
 - Autistic Realms – Wheel of Life

Space for your notes,
thoughts and reflections

Sign up to



our mailing list

Who we are

SWAN is an autistic-led Charity delivering services, information and support for and by autistic women, girls and non-binary people across Scotland since 2012

What we do

SWAN runs a range of autistic-led groups and activities, both in-person and online, including:

- In-person meet-up groups across Scotland
- Walking groups
- Online peer-support Facebook group
- Online peer meet-up groups
- Autistic Discovery drop-in group
- 6-week Autistic Identity course
- Wellbeing webinars
- Training and consultancy

swanscotland.org
info@swanscotland.org



SWAN Training & Workshops 2026

Delivered by autistic professionals and informed by lived experience

SWAN Training is aimed at professionals wishing to develop their knowledge and practice for working with or supporting autistic people.

SWAN Workshops are for anyone who wishes to learn more about autistic people, whether as an ally (families, friends, carers, colleagues and supporters) or a professional.

Training – for Professionals

Autistic Mental Health: Wellbeing, Crisis and Neuroaffirming Approaches

Wed 25 February 10:00–12:30pm

Understanding and Supporting Autistic Survivors

Thurs 30 April 10:00–12:30pm

Autistic Experiences of Pregnancy, Childbirth and Early Parenting

Part One – Mon 1 June 12:00–1:30pm

Part Two – Mon 8 June 12:00–1:30pm

Autism, Eating & Eating Disorders: Neuro-affirming Practice

Part One – Tues 22 September 12:00–1:30pm

Part Two – Tues 29 September 12:00–1:30pm

Autistic Mental Health: Wellbeing, Crisis and Neuroaffirming Approaches

Mon 10 November 1:00–3:30pm

Workshops – for Allies, (Families, Supporters and Professionals)

Autistic Girls: Gender, Identity and Growing up Autistic

Tues 3 February 12:30–2:30pm

Autism and ADHD– How to be an Ally

Tues 17 March 6:30–8:30pm

Understanding Autism – How to be an Ally

Tues 12 May 6:30–8:30pm

Understanding and Supporting Autistic Wellbeing

Thurs 27 August 6:30–8:30pm

Autistic Girls: Gender, Identity and Growing up Autistic

Thurs 22 October 7:00–9:00pm

Understanding Autism – How to be an Ally

Thurs 3 December 12:30–14:30pm

We also offer tailored in-house training on these and other specialist topics to suit your organisation's needs – visit our website or contact us for details.

info@swanscotland.org
swanscotland.org/training

Drugs, Alcohol, Psychotherapy Ltd (DAPL) was born in the community for the people of Fife. Operating for over 30 years, we offer one-to-one Counselling, support and advice to young people, adults and families throughout the region. We help adults affected by substance use issues and emotional distress, with free to access services offered in towns throughout Fife. We provide Counselling and Art Therapy to young people within schools. Our Counselling services are confidential, trauma-informed, client centred and accredited by the BACP.

We also offer Motivational and Behavioural Coaching for adults working through recovery from addiction and who have accessed our counselling service, and our PILLARS support group. We collaborate with multiple other agencies and organisations, in addition to recruiting and training student and qualified Counsellors and Recovery Worker volunteers.

Our main offices are based in Leven and Kirkcaldy, and we can be contacted at enquiries@dapl.net.



www.dapl.net SCO23317 Patrons: Clive Russell and Eleanor Bowman MBE



We hope that you found the resource and sessions helpful. If you have any feedback we would love to hear it – becky.choat@swanscotland.org

If you have received this as a paper copy please head to the SWAN website or contact either SWAN or DAPL for a online version for the resource links



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