



For example: I sometimes get anxious and stressed by.....  
You can help me by giving me some time  
or contacting the emergency person on the back of this card.

## Please fill in to explain to people why you are showing them this card.

National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427)

Thank you

My name is: .....

Hello,

- struggle with change, new situations and talking to new people
- get very anxious in social situations
- feel overwhelmed by lights, noise and too much information
- need extra time to process information, like questions or instructions
- have meltdowns or go into shut down if it is all too much

Autistic people sometimes:

To find out more, go to [autism.org.uk](http://autism.org.uk)



One in 100 people are autistic. You are not alone.  
The National Autistic Society is the UK's leading charity for autistic people. Founded in 1962 we are here to transform lives, change attitudes and help create a society that works for autistic people.

# Autism Alert Card



## Instructions

- 1 Fold and stick both sides together
- 2 Cut out and fold your card
- 3 Fill in the spaces
- 4 Carry it in your purse or wallet

Fold here

## Emergency contact details

Please contact this person

Name: .....

Number: .....

Email: .....



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)



POLICE  
SCOTLAND  
Keeping people safe  
POILEAS ALBA

## I am autistic

Please see inside for important information.



National  
Autistic  
Society  
Scotland



## Thank you for ordering your Autism Alert Card.

Many members of the public don't understand autism and how things they take for granted might cause difficulties for people on the spectrum. This card is a great way for you to let them know you are autistic and that you may need some extra time or help in certain situations.