Fold and stick both sides together

Cut out and fold your card

Fill in the spaces

Carry it in your purse or wallet

Hello,

My name is:

Please contact this person

Hello,

Autistic people sometimes:

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

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

For example: Sometimes I get anxious and stressed by.............

Thank you

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

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 world that works for autistic people.

www.autism.org.uk

Please see inside for important information.

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.