



# Discharge from Psychiatry UK

We are writing to notify you that you have been discharged from our service. This means that responsibility for your care will now be transferred back to your GP.

## Reasons for discharge may include:



**You may still feel as though you require further advice or support, and it would be a good idea to discuss this with your GP.** We have also suggested some organisations that provide useful information and resources that may help you move forward.



# Hints and techniques

## Improve communication and relationships

- **Consider disclosing your diagnosis:** This may help to improve your relationships by allowing people to understand you better
- **Note when you're experiencing sensory overload:** Try to minimise distractions and remove yourself from stressful situations
- **Look for common ground with the person you're talking to:** Establishing commonalities can lead to more relaxed and enjoyable conversations
- **Join support groups for adults with autism:** Support groups can be a great way to meet people who have had similar life experiences

## Manage anxiety and depression

- **Stay active:** Exercise is good for the mind and eases stress
- **Rely on close friends:** Socialising can also be good for your mood
- **Practise relaxation techniques:** You might find that techniques such as mindfulness, meditation and deep breathing help you manage anxiety symptoms
- **Develop good sleep hygiene:** Lack of sleep or poor sleep quality can affect your mood, making you more anxious, unhappy and irritable

## Better organise your life

- **Use a timer to stay on track:** Once the timer goes off, you know it's time to switch to another activity
- **Use a list or day planner:** If remembering appointments and other responsibilities is a challenge, try keeping a physical copy to help visualise your to-do list
- **Automate certain aspects of your life:** For example, use online banking to track spending and automatic payment options to manage your bills

## ASD resources

**National Autistic Society**

[Click here](#)

**Tony Attwood**

[Click here](#)

## ASD information

**Autism.org**

What is Autism?

[Click here](#)

**Autism.org**

Autistic fatigue

[Click here](#)

Disclaimer: These resources are shared to provide information and help with your reported symptoms/presentations. This does not confirm a diagnosis.