



**Ambitious
about Autism**

The cost of living crisis

A visual story explaining how to look after your wellbeing during the cost of living crisis



You might have heard people talk about the cost of living crisis and the problems it is causing.

Cost of living is about the price of things around the world like:



food



fuel



energy



care.

The cost of these things is going up.

This means people have to make hard decisions on how they spend their money.

This is why it's called a cost of living crisis.



The cost of living crisis is affecting people all over the world.

How the cost of living crisis could affect your wellbeing

The cost of living crisis may affect your wellbeing, and the wellbeing of those around you.

This can be for several reasons.

You may have picked up on stress at home or work.



You may feel lonely because you can't afford to do things that some of your friends are doing.

You may worry about being able to afford your home or food.



You may have picked up on negative news online.

How do I look after my wellbeing during the cost of living crisis?

Stress and worry can have an impact on your day-to-day life so it's important to look after your health and wellbeing.

Here's how you can look after your wellbeing.

Speak to someone you trust.



Draw or write your thoughts down.

Focus on what you can do rather than what you can't control.





Talk to your parents about the cost of living so you can understand how it is affecting you and your family.

Remember – everyone is going through the same thing, so you are not alone.



Where to get further support

NHS urgent mental health helplines

This is helpful for people of all ages.

Call for:

- 24-hour advice and support
- help to speak to a mental health professional
- an assessment to help decide on the best course of care.



Go to the NHS website to find local NHS urgent health helplines.



Samaritans

The Samaritans offers a confidential telephone support service on a range of issues for people who are experiencing crisis.

Mind

Mind helplines offer support by phone and email for people experiencing mental health difficulties.



There are also local Mind services which offer face to face support across England. These services include talking therapies, peer support and advocacy.

We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

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