

HOPE THERAPY & COUNSELLING SERVICES

Counselling for Autistic Adults

Without the masking.

Neurodivergent-affirming support — online across the UK and face-to-face across England. At your pace, in a way that fits how you actually work. No diagnosis required.

NCPS ORGANISATIONAL MEMBER

NO DIAGNOSIS REQUIRED

FROM £65

FREE 15-MIN CONSULTATION

IF YOU HAVE BEEN CARRYING MORE THAN PEOPLE REALISE

You don't need a diagnosis to seek support — or to deserve it

"Moving through a world that was not designed with you in mind is genuinely tiring. The cost of constant translation, of masking, of working twice as hard to look as if you are coping — that cost is real, and it accumulates."

Maybe you have known you were autistic since childhood. Maybe you only began to suspect it last year, after someone named something you had been quietly working around your whole life. Maybe you are waiting on an assessment. Maybe you have decided not to pursue a diagnosis at all — and that is also a valid place from which to seek support.

Autism is not something to be fixed. It is the way your brain processes the world. **There is nothing wrong with the lens.** But the exhaustion is real — and many of the autistic adults who come to counselling are not in crisis. They are just tired.

Some things autistic adults often describe

Exhaustion after social situations, even ones that went well

Masking — performing a neurotypical version of yourself without always realising it

Difficulty with change, transitions, or unexpected disruptions to routine

Sensory experiences that others seem to find easy to ignore

Replaying conversations long after they've ended

Burnout that doesn't respond to ordinary rest

Difficulty knowing what you feel, or finding words for it in real time

Relief, grief, or disorientation after a late diagnosis

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership covering counselling and psychotherapy services. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

WHY SO MANY AUTISTIC ADULTS COME TO THERAPY

It is the friction, not the autism

Autism itself is not a mental health condition. It is a neurotype — one of the many ways human brains are wired. But research consistently shows that autistic adults experience higher rates of anxiety, depression, burnout, and trauma than the general population. The reason is not the autism. It is the friction between an autistic person and a world mostly built for neurotypical people.

That friction shows up in workplaces that punish slowness or difference. Education systems that reward masking. Friendships where you are quietly doing the lion's share of the social interpretation. Years of being told to try harder, smile more, make more eye contact, calm down, speak up. Sensory environments that exhaust your nervous system before the day has even started.

None of that is your fault, and none of it means there is something wrong with how you are. But it does take a toll — and that toll is often what counselling helps with.

WHAT WE OFTEN WORK ALONGSIDE

Counselling does not aim to change how you are autistic

Anxiety & chronic overwhelm

Persistent, sometimes difficult-to-locate anxiety — the kind that builds when the social and sensory load has been too high for too long.

Autistic burnout

Not ordinary tiredness. The kind of deep depletion that comes from years of masking and overextending — and the slow, non-linear road back.

Processing a late diagnosis

The relief, the grief, and the significant work of rewriting your own story — making sense of everything that happened before and after.

Relationships & family

Navigating relationships with neurotypical partners, family members, or colleagues — where misunderstanding has often been the default.

Trauma

Including the smaller, slower kind — the accumulated impact of bullying, exclusion, repeated rejection, and years of not being seen or understood.

Self-esteem & identity

Low self-worth after years of being treated as "wrong" or "too much" — and the long task of building something kinder in its place.

HOW COUNSELLING CAN HELP

A space where you don't have to translate yourself

Working with a counsellor who understands autism means you are not starting from zero. You do not have to explain why eye contact is hard, or why a 50-minute conversation leaves you flattened, or why the word "just" has been used against you so many times. Your therapist starts from the assumption that your experience makes sense — and the work begins from there.

You can stim, fidget, look away, ask for written notes after a session, pause as long as you need to find the right word, or tell your therapist that something is not landing. **Adjustments are not extras — they are part of how a session is built around you.**

THERAPEUTIC APPROACHES

How we work with autistic adults

Counselling & Psychotherapy

An open, person-centred space to talk, reflect, and be heard. For many autistic adults, having somewhere you do not have to perform is itself a form of relief. From £65.

CBT (autism-aware)

Helpful for anxiety and low mood that often sit alongside autism. We use autism-aware adaptations — not off-the-shelf CBT, which was not designed with autistic minds in mind. From £65.

EMDR

Helpful when specific memories — bullying, medical settings, repeated rejection — still feel raw. Works on memory processing rather than requiring you to talk things through in detail. From £95.

Compassion Focused Therapy

Many autistic adults arrive with a strong inner critic — the voice of everyone who told them they were doing it wrong. CFT helps soften that voice and build something kinder. From £65.

Matched to you

Our booking team will discuss which approach — or combination — feels most appropriate. You don't need to know which is right before you start.

Not a diagnosis service

We do not carry out autism assessments or formal diagnoses. That sits with specialist multidisciplinary teams. We can talk about what next steps might look like if you are exploring it.

Honest about outcomes

Results vary between individuals. Counselling is a collaborative process. We do not promise specific outcomes.

WHAT TO EXPECT WHEN YOU REACH OUT

Reaching out is often the hardest part — here is exactly what happens

1 Book a free 15-minute consultation

A low-pressure conversation — not a therapy session. If you would prefer to do this by email or written message rather than by phone, just say so when you book. That is a completely reasonable adjustment to ask for.

2 We match you with a therapist

Based on what you've shared, our booking team will suggest a therapist from our team of 90+ whose experience working with autistic adults, approach, and availability suit what you are looking for. If the first match doesn't feel right, we'll find someone who does at no extra cost.

3 Your first session

A chance to get a sense of each other. Your therapist will listen, explain how they work, and check in about anything that would make the sessions easier — format, pace, sensory or communication preferences. There is no expectation you arrive knowing what you want.

4 Ongoing sessions at your pace

Usually weekly, but other rhythms can work too. Online via Zoom throughout the UK — many autistic clients find online sessions less depleting. Face-to-face across 20+ counties in England. Reduced-rate sessions may be available with a trainee counsellor — ask during your consultation.

Online sessions: For many autistic adults, online sessions are easier — no travel, no unfamiliar building, no waiting room, no sensory ambush before the conversation has even begun. All therapists offer Zoom sessions. Face-to-face is also available if preferred.

WHAT OUR CLIENTS SAY

Client experiences

“

For the first time ever, I found someone who really got me. I have always struggled with social situations and so much of who I am had been built around hiding that. This was the first place I didn't have to.

**CLIENT — LATE AUTISM
DIAGNOSIS**

“

My therapist understood things I had never been able to put into words. She let me take my time, sent written follow-ups, and never made me feel like I was being too much. I cannot say how rare that has been.

**AUTISTIC ADULT — INDIVIDUAL
THERAPY**

“

I came in completely burnt out. We worked at a pace that suited me, and slowly I started to recognise the patterns I had been missing. I feel less at war with myself than I have in years.

CLIENT — AUTISTIC BURNOUT

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

Do I need a formal autism diagnosis to access counselling?

No. Many of the autistic adults we see come for support before a diagnosis, while waiting for one, or after deciding not to pursue one at all. What matters is that the support you receive feels right for you.

Will I be expected to mask in sessions?

No. Our therapists work to create a space where you do not have to perform or translate yourself. You can stim, fidget, look away, take pauses, ask for written follow-ups, or communicate however feels most natural. If something about a session is not working for you, please say — we will adjust.

Is online counselling a good option for autistic adults?

For many autistic clients, yes — online sessions remove the sensory and logistical load of travel, unfamiliar buildings, waiting rooms, and the energy spent before the session has even started. Others prefer in-person. Your consultation is a good place to think this through.

What kinds of things can counselling help with?

Counselling does not aim to change your autism. It can offer support for the experiences that often sit alongside it — anxiety, burnout, exhaustion from masking, processing a late diagnosis, navigating relationships and work, the impact of bullying or unkind environments, and the long task of building a life that fits you rather than fights you.

How much does counselling for autistic adults cost?

Counselling and CBT from £65 per session. EMDR from £95. All fees discussed during your free consultation. A reduced-rate option may be available with a trainee counsellor — ask during your consultation.

TAKING THE FIRST STEP

You do not need to know exactly what you want before you call

The space to figure that out is part of what counselling is for. A free 15-minute consultation is low-pressure — a chance to think out loud, ask questions, and explore whether this feels like the right fit. If a phone call feels like too much, a written message is completely fine.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation — at a pace that works for you. No commitment to proceed.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We do not carry out autism assessments or formal diagnoses. We are also not a crisis or emergency service and are not able to provide support for active self-harm or suicidal ideation. If you are in immediate need, please contact one of the services below.

999 — Emergency services · **Samaritans: 116 123** — Free, 24/7 · **SHOUT: text 85258** — Crisis text, 24/7

A space where you don't have to translate yourself into someone else.

Hope Therapy & Counselling Services offers neurodivergent-affirming counselling, CBT, EMDR, Compassion Focused Therapy, and more — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes therapists with experience working with autistic adults.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?
month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

ALSO FROM US

The Talk Room Podcast — honest conversations about neurodivergence, mental health, and everyday wellbeing. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes. We do not carry out autism assessments or formal diagnoses.