



I may need help during lockdown

I HAVE
AN AUTISTIC SPECTRUM DISORDER,
LEARNING DISABILITY OR A MENTAL HEALTH
CONDITION

Which means...

**I MAY NEED TO GO OUT TO
EXERCISE 2 OR 3 TIMES A DAY**

**MY CARER HELPS ME TO KEEP
2 METERS APART FROM
PEOPLE**

**I CAN GO FOR A CAR RIDE
(STAYING LOCALLY)
FOR RELAXATION AND TO
MANAGE ANXIETY**

Please be kind