



**GEMS**  
Autism & ADHD Support Service  
East Berkshire

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# Learn More...



## Access to our 'Learn More' animations

Covering a range of topics, our 'learn more' animations can be viewed at your own leisure and frequency once you have requested your link.

Please contact the GEMS Team on **01753 373244** or at **[gems.4health@nhs.net](mailto:gems.4health@nhs.net)** to obtain your link for any of the following topics

- **What Is Autism?**
- **Autism & Communication**
- **Autism & Sensory Difficulties**
- **Autism & Anxiety**
- **Autism & Navigating Services**
- **Autism & Practical Budgeting Skills**
- **What is ADHD?**
- **Managing ADHD**
- **ADHD: From Diagnosis to Management**

