



Be Aware of Changing Behaviors

As described in **Foster Connections**, individuals with autism may not be able to verbally express their fear, frustration, and anxiety about the many changes and/or their health, so these expressions may be demonstrated through other means. Caregivers should be aware of the behavior of individuals with autism during these uncertain times and **be alert for signs of anxiety and depression**. These may include a change in sleeping or eating patterns, increases in repetitive behaviors, excessive worry or rumination, increased agitation or irritability, or decreases in self-care (Hedges, White, & Smith, 2014, 2015). If these behavior changes are observed, additional support from mental health and/or medical providers such as a family doctor, therapist, psychologist, or psychiatrist may be warranted. The individual may require more support or different types of support (e.g., regular therapy, regular exercise, medication). Most mental health providers and non-urgent care medical providers are offering services via telehealth, and emergency legislation has expanded insurance coverage (including Medicaid) for these options.

Resources include:

[Crisis Supports](#)

Crisis Supports

Lifeline Crisis Chat

Provides emotional support, crisis intervention, and suicide prevention services

Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

1-800-273-8255

IMALIVE

Crisis intervention, and suicide prevention services

Girls & Boys Town National Hotline

1-800-448-3000

American Association of Poison Control Centers

1-800-222-1222

National Alliance on Mental Illness HelpLine

Text NAMI to 741741

Warmlines

Not in a crisis but just want someone to talk to.