

Our meeting about Autistic people who want to end their life

Easy Read · Learning Disability and Autism Community of Practice · 2 September 2026



When and who

We met on 2 September 2026.

Lots of people came.

Twice as many people joined our group because of this subject.

People came from health, social care, councils, schools and charities.

Autistic people and families came too.



What we talked about

We talked about suicide.

Suicide is when a person ends their own life.

We asked one big question.

When an Autistic person says they want to end their life, what should happen next?



What we learned

Many Autistic people think about ending their life.

Some are as young as 10 years old.

Most are worn out, not sad. This is called burnout.

It is safe to ask someone if they want to end their life. Please ask.



What people told us

Staff said things that made people much worse.

People were given the wrong label.

People were moved to a new ward with no handover.

One young woman wants you to know this. *She does not want to die. She wants peace in her head.*



What services should do

Ask clear questions. Not "how are you?"

Stop and wonder if the person is Autistic.

Say what you mean. Never tell a small lie.

Stay with people for a long time.

Read the hospital passport before you meet them.



What happens next

We ran out of time. We are sorry.

We will carry on in November 2026.

We will hear more from Autistic people.

We will work in small groups.

We will send you an invitation.

Everyone is welcome.

If you need to talk to someone now: call Samaritans on 116 123. It is free, any time of day or night.

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