



**Rebekah Fulton**

### **My Experience**

I was diagnosed with autism at the age of 24

I have volunteered as a counsellor for young people for over 8 years

Personal experience of community support for mental health and autism

### **I Enjoy.....**

Creative activities

Yoga, Swimming and Walking

Reading novels

Board Games

Socialising with friends

### **My Skills and Knowledge**

Counselling Skills

Mentoring

Self-Advocacy

Delivering Training & Conducting Interviews

Running Support Groups

### **What is important to me**

My family including my two nieces

Independence

Being non-judgemental

Having empathy

Understanding different needs

### **What people say about me**

Funny/Cheeky

Kind

Knowledgeable (Good at maths and science)

Self-Aware

Helpful