



WellTreePsychology

Nurture Your Mind

CLICKABLE RESOURCE DIRECTORY

Autism Resources Australia and Aotearoa New Zealand

A curated directory of national information, disability support, education, employment and crisis services.

Start with a national information or navigation service. They can help you identify the most relevant local pathway for your age, location and support needs.

Free client resource | Information checked 17 July 2026

Australia - information and navigation

The organisations below provide national information or navigation. Eligibility, wait times, funding and local service availability vary. Contact the organisation directly for current details.

Autism Connect - National Autism Helpline

Free, independent autism information for Autistic people, families, carers, professionals, educators and employers. Advice is available by phone, email and webchat.

Phone: 1300 308 699 | Monday-Friday, 8am-7pm

Information and navigation service - not a crisis or counselling line.

[Open website](#)

Healthdirect Australia

Government-supported health information about autism, assessment and health services. Registered nurses provide 24-hour health advice by telephone.

Health advice: 1800 022 222

[Open website](#)

Disability Gateway

Australian Government information and links covering disability services, income, housing, education, employment, transport, legal rights and daily living.

Phone: 1800 643 787 | Monday-Friday, 8am-8pm AEST/AEDT

[Open website](#)

Autism CRC - National Guidelines

Free evidence-based guidance on autism assessment and diagnosis, and on supports for Autistic children and their families.

Includes plain-language summaries and downloadable documents.

[Open website](#)

Australia - funding, education, carers and work

National Disability Insurance Scheme (NDIS)

Information about access, applications, plans and the early childhood approach. NDIS access is based on current eligibility requirements and functional impact, not diagnosis alone.

Participants: 1800 800 110 | Monday-Friday, 8am-8pm local time

[Open website](#)

Positive Partnerships

Free workshops, webinars, tools and information for families, carers and educators supporting school-aged Autistic students.

Australian Government program administered by the Department of Education.

[Open website](#)

Carer Gateway

Free services for unpaid carers, including counselling, coaching, peer support, practical assistance and some respite-related support.

Phone: 1800 422 737

[Open website](#)

JobAccess

Information and advice for disabled jobseekers, employees and employers, including workplace adjustments, rights, employment services and the Employment Assistance Fund.

Phone: 1800 464 800

[Open website](#)

! Australia crisis support: call 000 if there is immediate danger. Lifeline provides 24-hour crisis support on 13 11 14. Kids Helpline supports people aged 5-25 on 1800 55 1800.

Aotearoa New Zealand - information and navigation

New Zealand pathways vary by age, region and whether support is sought through health, education or Disability Support Services. The national services below can help identify a starting point.

Autism New Zealand

National information, support, education, community programmes and regional connections for Autistic people, families and whānau, caregivers and professionals.

Freephone: 0800 AUTISM (0800 288 476)

[Open website](#)

Altogether Autism

A free nationwide autism information and advisory service with articles, learning resources, workshops and personalised information responses.

Phone: 0800 273 463

[Open website](#)

Disability Support Services and NASC

Government information about autism support, eligibility and Needs Assessment and Service Coordination (NASC) pathways for funded disability support.

Use the site to locate current assessment and funding information and regional NASC services.

[Open website](#)

Firstport

National disability information and service directory covering diagnosis, funding, equipment, accessibility, community support, education and employment.

Phone: 0800 171 981

[Open website](#)

Aotearoa New Zealand - education, whānau and work

Ministry of Education - Learning Support

Information for parents and caregivers about starting with the school, kura, early learning service, doctor or regional Learning Support team when a learner needs additional help.

[Open website](#)

Parent to Parent New Zealand

Free and confidential information, trained parent-to-parent connection, support groups, workshops and sibling support for families and whānau of disabled and neurodivergent people.

[Open website](#)

Workbridge

Employment support for eligible jobseekers with disabilities or health conditions and advice for employers and workplaces across New Zealand.

Freephone: 0508 858 858

[Open website](#)

Aotearoa New Zealand Autism Guideline - Third Edition

The national evidence-based guideline covering assessment and lifelong support for Autistic people and their families and whānau.

A full guideline and summary PDF are available from the official page.

[Open website](#)

! New Zealand crisis support: call 111 if there is immediate risk to life or safety. Call or text 1737 at any time for free brief emotional support. Healthline is 0800 611 116.

Using this directory

A national service can help narrow the search, but it may not know every local provider. When comparing assessment or support services, ask for clear information before booking or agreeing to a programme.

Questions to ask a provider

- What qualifications, registrations and autism-specific experience do practitioners have?
- Which assessment guideline or evidence base informs the service?
- What is included in the cost, and are there cancellation or report fees?
- How are communication, sensory, cultural and accessibility needs accommodated?
- How will goals be chosen, progress reviewed and consent respected?
- What is the complaints process, and who owns or can access the records?

Useful information to prepare

- the person's questions, goals and preferred language
- developmental, health, school or work history where relevant
- examples from more than one environment
- current strengths, barriers and support needs
- communication and sensory accommodations needed for appointments
- funding, report or documentation requirements to clarify in advance

Free downloadable resources

- [Autistic Community Welcome Pack - Reframing Autism](#)
- [Sensory Processing - Autism New Zealand](#)
- [Autism Terminology Guidance - Autism New Zealand](#)
- [Aotearoa New Zealand Autism Guideline Summary](#)
- [Autism Connect national helpline brochure - Amaze](#)

WellTree Psychology

For information about WellTree Psychology's online autism and ADHD assessment and therapy services across Australia, visit the website or contact the practice. WellTree Psychology is an Australian service; New Zealand links in this guide are provided as general public information.

Phone: 03 7042 9724

Email: info@welltreepsychology.com.au

[welltreepsychology.com.au](https://www.welltreepsychology.com.au)



Source check and disclaimer

Organisation details were checked against the official sources below on 17 July 2026. Services, phone hours, eligibility and funding arrangements can change; use the linked page to confirm current information.

1. Autism Connect - Amaze. [Open source](#)
2. Autism - Healthdirect Australia. [Open source](#)
3. Disability Gateway - Australian Government. [Open source](#)
4. NDIS contact and early childhood approach - National Disability Insurance Scheme. [Open source](#)
5. Positive Partnerships - Australian Government Department of Education / Aspect. [Open source](#)
6. Carer Gateway - Australian Government. [Open source](#)
7. JobAccess - Australian Government. [Open source](#)
8. Autism New Zealand - Autism New Zealand. [Open source](#)
9. Altogether Autism - Altogether Autism. [Open source](#)
10. Autism support services - Disability Support Services New Zealand. [Open source](#)
11. Firstport - Firstport New Zealand. [Open source](#)
12. Learning support - New Zealand Ministry of Education. [Open source](#)
13. Parent to Parent - Parent to Parent New Zealand. [Open source](#)
14. Workbridge - Workbridge New Zealand. [Open source](#)
15. 1737 Digital Hub - Whakarongorau Aotearoa. [Open source](#)

Important note

This directory is general information only. Inclusion does not constitute endorsement of every service, practitioner or programme offered by an organisation. It does not replace individual medical, psychological, educational, financial or legal advice.