Autistic Meltdowns

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What is a meltdown?

A meltdown happens when everything feels too much.
It is not the same as a tantrum.

What it can look like

Crying, shouting, or going quiet.

Moving a lot, rocking, or pacing.

Covering ears or eyes.

What can cause it

	Loud noise or bright light.
	A sudden change of plan.
	Too many things happening at once.

How to help

	Give space and keep the person safe.
	Use fewer words. Stay calm.

	Wait. Do not ask lots of questions.

Remember

	A meltdown is not the person's fault. They need help, not blame.