



Autism Support & Information



Websites

National Autistic Society | autism.org.uk

Useful information and support for autistic people and their families

Autistic Girls Network | autisticgirlsnetwork.org

A charity that raises awareness of autism in women and girls. Their website and Facebook group provide neuroaffirming support and a multitude of resources for all genders

Autism Understood | autismunderstood.co.uk

A website about autism, for autistic young people

PDA Society | pdasociety.org.uk

Information, training and support on Pathological Demand Avoidance

Social Media

Ellie Middleton | weareunmasked.com

Autistic and ADHD creator, writer and consultant

Emily Katy | authenticallyemily.uk

Autistic and ADHD writer, creator, blogger and mental health nurse

Chloe Hayden | youtube.com/cChloeHaydens

Award winning actress and blogger, autistic ADHDer

Pete Wharmby | petewharmby.com

Autistic and ADHD author and creator

Spectrum Gaming | youtube.com/c/SpectrumGamingAutism

Videos and other content from the SG young autistic community

Books

Avoiding Anxiety in Autistic Children: A Guide for Autistic Wellbeing | Luke Beardon

An optimistic, upbeat and readable guide that will be essential reading for any parent to an autistic child

What Works for Autistic Children | Luke Beardon

This book brings the conversation about inclusivity into the forefront

Nurturing Your Autistic Young Person | Cathy Wassell

A handbook to support parents with older children or teenagers who are at the identification stage, walking them through the basics

Your Child is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles | Heidi Mavir

An unapologetic, deeply moving manual for parents of neurodivergent children from Heidi Mavir, a late-identified, neurodivergent adult and parent to an autistic/ADHD teenager

The Secret Life of Rose | Jodie Clarke, Rose Smitten et al

Covers a range of topics central to the autistic experience. While Rose writes peer-to-peer, her mum Jodie adds the perspective of an adult who is also a professional in the field (ages 7-14)

Making Sense of Your Senses: Sensory Solutions Workbook | Monique Thoosen

An easy-to-use workbook for children who experience sensory issues (ages 7-12)

The Neurodivergent Friendly Workbook of DBT Skills | Sonny Jane Wise

A workbook of Dialectical Behaviour Therapy skills reframed to be neurodivergent friendly including sensory strategies and managing meltdowns