



NEURODIVERSITY AFFIRMING SIGNPOSTING IDEAS

COMPILED BY

HELEN EDGAR - AUTISTIC REALMS
WWW.AUTISTICREALMS.COM





This list is alphabetical, not in any order of preference, and it is by no means exhaustive. There are many amazing professionals, advocates, organisations and charities all working to support neurodivergent people and their families. This list comprises of people and organisations that I have had personal contact with or who have supported those I know.

Please be vigilant and do your own research to meet your personal needs/those you are supporting.

I hope this is a valuable starting point for you to navigate and find the best support for your own needs and circumstances.

Mental health support:

- **Hub of Hope** -Mental Health Support Network
www.hubofhope.co.uk
- **National Autism Society**
www.autism.org.uk
- **Papyrus UK Suicide Prevention**
www.papyrus-uk.org
- **YoungMinds** Mental Health Support for Young People and their Families www.youngminds.org.uk

You can also phone and get advice from your local CAMHs (Children and Adolescent Mental Health Service).

Recommended Neurodiversity Affirming Websites and Organisations:

AMASE – Autistic Mutual Aid Society Edinburgh - autism affirming information, signposting and resources.

Anna Freud NATP -Autism train-the-trainer programme for NHS England and educational/care settings.

Aucademy - Educators of Autistic Experience, training and resources.

Ausome - Autism support, training and resources.

Autism Understood - Autism Understood is a website about autism, for autistic young people. The website was created by Spectrum Gaming charity.

Autistic and Living the Dream - Research, consultancy and training specialising in the intersection of Autistic and LGBTQIA+ identities and Autistic experiences of mental health.

Autistic Parents UK - Autistic parent user led charity for Autistic parents offering training, resources and peer support.

Autistic Realms Neurodiversity affirming resources to support a better understanding of autism and mental health for families and those supporting young people in education.

Beacon NeuroConnect - Helping children, their parents, carers, and professionals develop and build strong connections. Training, support, resources and workshops.

Belonging in School -Open access school resources for developing inclusive policies developed by University of Cambridge.

Bridging the Neurodivide - Autism advocate, training & and educational resources and signposting.

EmergentDivergence - Advocacy, writing and training about neurodivergence and mental health.

Epic Autism Resources (padlet) - A wide collection of international neurodiversity affirming autism resources (all free open access for everyone)

Gecko Community - Neurodivergent-led charity offering teaching, therapeutic projects and mentoring.

GROVE Neurodivergent Mentoring and Education - Supporting children and young people by fostering a positive and authentic Autistic identity through neuro-affirming mentoring and education programmes.

Jodie Smitten - Independent specialist working with autistic children, their families and their schools, many free resources.

Kelly Mahler - Interoception Curriculum and information /training about the sensory system.

Kerry Murphy, Early Childhood and Neurodiversity Specialist - Early Years training and resources.

Kieran Rose, The Autistic Advocate, Autism training and resources.

Kristy Forbes - Autism & neurodiversity support specialist.

LEANS-C -Salvesen Mindroom Centre - Neurodiversity affirming focused teaching resources and curriculum.

Mental Health Training for Families and Professionals

MHFA England Mental Health First Aid course.

Monotropism - Writing, research and resources about the theory of monotropism.

Naomi Fisher - Low-demand parenting, educational training, advice and resources.

Neurodiverse Connection - Resources, training and support to help improve outcomes for neurodivergent people.

Not Fine In School - School attendance support and advice.

Novel Mind - Recommendations for mental health and neurodiversity books for children and young people.

Pandas (pandasonline.org) - Neurobears Neurodiversity affirmative information & Autism course for young children.

The PDA Space - Family support community & resources & training.

ReachOut ASC - Training and support for autistic people in education.

SEDSConnective - An Autistic, ADHD, Dyspraxic, Tourettes, Dyscalculic Dyslexic user led charity supporting individuals with symptomatic hypermobility or if formally diagnosed (EDS HSD pgJH) plus MCAS, POTS, IBS, Chronic Fatigue, Allergies + (prob autoimmune cond. such as lupus, thyroid, crohn's, endometriosis +) for all ages. Strongly advocate & advise in health, education, social care, employment/business and travel.

Spectrum Gaming - Autism-affirming online community for young people.

Spectrum Gaming, Barriers of Education - Neurodiversity Affirming Guide for parents and professionals.

Thriving Autistic - Neurodiversity affirming therapists and resources.

Viv Dawes, Autistic Advocate - Autistic burnout training, resources and guidance for individuals, education and health care settings.

This is a signposting document. The organisations listed are not part of Autistic Realms, we hold no responsibility for the advice/support given.

Please carry out your own research to meet your own needs and circumstances.



Updated October 2023