



Sign Posting Ideas to Provide Further Support and Understanding about Autism & Autistic Burnout

(all hyperlinks - just click and it will take you directly to the website)

Autism General

- Epic Autism Resources (padlet.com) THE BEST AUTISM RESOURCE !
- Autistic Realms
- Avoiding Anxiety in Autistic Adults: A Guide for Autistic Wellbeing (Audio Download): Luke Beardon, Luke Beardon, Sheldon Press: Amazon.co.uk: Books
- Avoiding Anxiety in Autistic Children: A Guide for Autistic Wellbeing (Audio Download): Luke Beardon, Luke Beardon, Sheldon Press: Amazon.co.uk: Books
- Spoon Theory & Autism | EdPsychEd
- Academic Autism Spectrum Partnership in Research and Education (aaspire.org)
- On Autism | Fergus Murray (oolong.co.uk)
- Autistic Girls Network
- Kelly Mahler | Interoception | Interoception Activities (kelly-mahler.com)
- National Autistic Society
- Aucademy
- Kristy Forbes - Autism & Neurodiversity Support Specialist
- Managing Behaviour | Studio 3 Crisis Management Training
- Your Child Is Not Broken: Parent Your Neurodivergent Child without Losing Your Marbles -Heidi Mavir

Autistic Burnout

- Home | Viv Dawes Autistic Advocate
Autistic Burnout - How to Recognise and Understand (theautisticadvocate.com)
- NEW BOOK - Autistic Masking: Understanding Identity Management and the Role of Stigma Paperback - The Autistic Advocate
- Autistic Burnout: An Interview With Researcher Dora Raymaker
- Autistic Burnout | Judy Endow
- Judy Endow- Autistic Burnout: "My Physical Body and Mind Started Shutting Down" - DocsLib
- What is Autistic Burnout? - Dr Alice Nicholls

- Guest Post: What is monotropic split? - Emergent Divergence - Tanya Adkin
- Autistic people and the burnout-psychosis cycle - Emergent Divergence David Gray-Hammond
- TILT Parenting: Raising Differently Wired Kids: TPP 317: A Conversation About Autistic Burnout with Neurodivergent Support Specialist Kristy Forbes on Apple Podcasts
- Towards the measurement of autistic burnout - PubMed (nih.gov)
- The difference between autistic burnout and depression – Student Life (lincoln.ac.uk)
- Raymaker (2020) "Having All of Your Internal Resources Exhausted Beyond Measure and Being Left with No Clean-Up Crew": Defining Autistic Burnout - PubMed (nih.gov)
- This Is Why Some Kids on the Autism Spectrum Can Have Meltdowns After Their School Day (themighty.com)
- Autistic Burnout: Symptoms, Causes, and Recovery Tips | Psych Central
- Supporting Children through Autistic Burnout (Parent/Carer Guide) (autisticrealms.com)

Education

- Squarepeg (teamsquarepeg.org)
- Dr Naomi Fisher
- Not Fine in School - School Refusal, School Attendance
- (IPSEA) Independent Provider of Special Education Advice
- SOS!SEN – The Independent Helpline for Special Education Needs
- Definefine
- Autism Support Specialists Lancashire - Reachout ASC
- Neurobears -Pandas (pandasonline.org)
- Our key principles | Autism Barriers to Education
- Square Pegs: Inclusivity, compassion and fitting in - a guide for schools eBook: Morgan, Fran, Costello, Ellie, Gilbert, Ian
- Summary of responsibilities where a mental health issue is affecting attendance
- Can't Not Won't: A Story About A Child Who Couldn't Go To School: Fricker, Eliza

Monotropism

- Attention, monotropism and the diagnostic criteria for autism - Dinah Murray, Mike Lesser, Wendy Lawson, 2005 (sagepub.com)
- Me and Monotropism: A unified theory of autism | BPS
- <https://www.bps.org.uk/psychologist/me-and-monotropism-unified-theory-autism>
- Craft, Flow and Cognitive Styles. Originally a talk to the Waldorf... | by Ferrous, aka Oolong | Medium

Other Useful Resources and Websites

- Autistic Parents UK
- Spectrum Gaming
- The PDA Space
- Anna Freud Centre
- Dr. Ross Greene — Collaborative & Proactive Solutions (cpsconnection.com)
- The Neurodivergent Friendly Workbook of DBT Skills: Amazon.co.uk: Wise, Sonny Jane

Mental Health Support

- Hub of Hope
- Supporting Autistic Mental Health – AMASE
- Thriving Autistic
- Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)
- A Novel Mind: A Resource for Neurodiversity/Mental Health in KidLit

If you need support because you are struggling with your mental health, here are some organisations that support people in crisis. If you need urgent medical help then always call 999

- www.autisticmentalhealth.uk - support around mental health for autistic people
- Samaritans - to talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year by calling 116 123 or jo@samaritans.org
- Papyrus - if you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, call 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email pat@papyrus-uk.org or text 07786 209 697.
- National Suicide Prevention Helpline UK - 0800 689 5652 (6pm-3:30am every day).
- Shout - If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

If you have difficulty hearing or speaking, it might help to use the Next Generation Text Service (NGTS) Typetalk/Text Relay app on a mobile device or computer.



