

Autistic Burnout resources for young people, families & educational settings to help develop understanding and support recovery

Collated by Helen Edgar (Autistic Realms), December 2023

(All links are hyper-links to take you directly to website)

www.autisticrealms.com

AUTISTIC BURNOUT & YOUNG PEOPLE

Signposting & Ideas

1. Adopt a low demand approach as whole family ❤️
2. Encourage children to rest & re-energise in ways that work for them ❤️
3. Increase time meeting sensory needs ❤️
4. Lots of time and compassion ❤️

Autistic Realms articles and signposting:

www.autisticrealms.com

<https://www.autisticrealms.com/resources?scrollToProduct=autistic-burnout-a-family-guide>

<https://thinkingautismguide.com/2023/09/supporting-your-young-person-through-autistic-burnout.html>

<https://www.autisticrealms.com/post/supporting-children-through-autistic-burnout-parents-guide>

[Supporting Children through Autistic Burnout \(Parent/Carer Guide\) \(autisticrealms.com\)](#)

[Low Demand Parenting \(for the whole family\) \(autisticrealms.com\)](#)

[Parent ideas for autistic children struggling with school attendance \(autisticrealms.com\)](#)

Autistic Burnout: A Family Guide Resource:

<https://www.autisticrealms.com/shop>

Spectrum Gaming has been written by and for young autistic people & is amazing!

<https://autismunderstood.co.uk/struggling-as-an-autistic-person/autistic-burnout/>

Autistic Girls Network:

<https://autisticgirlsnetwork.org/meltdowns-shutdowns-and-burnout/>

Emergent Divergence:

<https://emergentdivergence.com/2023/08/03/alexithymia-and-autistic-burnout-too-tired-to-feel-it/>

The Autistic Advocate - Kieran Rose:

<https://theautisticadvocate.com/an-autistic-burnout/>

Literally Ausome:

<https://literallyausome.com.au/autism/autistic-burnout/>

National Autistic Society:

<https://www.autism.org.uk/advice-and-guidance/professional-practice/autistic-burnout>

Viv Dawes Autistic Advocate has regular family workshops to support parent/carers specifically experiencing burnout

<https://www.autisticadvocate.co.uk>

Book: [Supporting Children and Young People Through Autistic Burnout \(A Workbook For Parents Of Autistic Children\)](#)

PAPYRUS Prevention of Young Suicide have published a really valuable article:

https://www.papyrus-uk.org/understanding-autistic-burnout/?fbclid=IwAR2o8sRT4HOIgD9ZfFh4nvuSR85lLf9rLpLQPweYwGc3lwmqY46WsRly4wl_aem_AaskR6RdvKa4W8sE7l90hz9mM3Oys6WH_1k1NiEMSZluz9BD9h1vS6UT_Lv5Sc-fmU

Reframing Autism

<https://reframingautism.org.au/navigating-autistic-burnout-self-care-strategies-to-recover-and-recalibrate/>

Embrace Autism

<https://embrace-autism.com/autistic-burnout/>

Dr Naomi Fisher has great webinars and info about low demand approach & information about supporting children through autistic burnout:

<https://naomi-fisher.mykajabi.com>

Neurodivergent Insights:

<https://neurodivergentinsights.com/misdiagnosis-monday/autistic-burnout-vs-depression?format=amp>

Autistic Parents UK:

<https://www.autisticparentsuk.org/resources-for-parents>

The Autistic Advocate SENtalk:

<https://www.youtube.com/live/oCFExp0AYHw?si=UCCWAEMI4RIVySiD>

Kristy Forbes - Autism & ND Support:

<https://tiltparenting.com/2023/02/07/autistic-burnout/>

Purple Ella:

<https://youtu.be/fUSUGHWcKt4?si=LXK2sQw1nvNrAih7>

If you know of further signposting for children and young people / families / education please let me know & I will keep adding to this free community resource.

If you or your young person needs support or is in crisis please seek professional support.

♥ Remember to look after your own mental health too ♥

Crisis support

<https://www.papyrus-uk.org>

Supporting Autistic Adult's Mental Health:

<https://amase.org.uk/resources/mhgguide/>

