



# Autism Post - Diagnostic Pack

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**Supporting Mental Health  
and Neurodiversity**



As somebody who has been recently diagnosed Autistic through The Retreat Clinics, we would like to provide you with this post-diagnostic pack containing resources which you might find useful. This resource has been put together by an Assistant Psychologist and an Expert by Experience at The Retreat. You may not find all of the resources helpful, and they may not all apply to you, but you may find some of them useful. You may like to keep this pack as a future reference. Please note that the resources below are ones that other individuals have found helpful and whilst we are suggesting these as possible useful materials, they were not generated by the Retreat Clinics and there may be wording within them that we do not necessarily promote as a service.

## GENERAL:

*This section contains general resources for finding out more about Autism, and different sources of support. Some of the resources in this section have been done by autistic people themselves:*

## WEBSITES:

- [About Embrace Autism \(embrace-autism.com\)](https://embrace-autism.com/) – Canadian based website and information page, created by qualified psychologists diagnosed with Autism - <https://embrace-autism.com/>
- [National Autistic Society \(autism.org.uk\)](https://www.autism.org.uk/) – UK based information and resources site - <https://www.autism.org.uk/>
- [What is autism? - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/autism/what-is-autism/) – NHS information page - <https://www.nhs.uk/conditions/autism/what-is-autism/>

## BOOKS:

- **Naoki Higashida** - The Reason I Jump: One boy's voice from the silence of autism
- **Steve Silberman** - NeuroTribes: The Legacy of Autism and How to Think Smarter About People Who Think Differently
- **Chloe Hayden** - 'Different, Not Less: a neurodivergent's guide to embracing your true self and finding your happily ever after'

## VIDEOS:

- [Fast Facts About Autism \(World Autism Awareness Day\) - YouTube](https://www.youtube.com/watch?v=CaRdPYvWt48) – Quick YouTube cartoon video containing easy to understand information on Autism - <https://www.youtube.com/watch?v=CaRdPYvWt48>
- [What is Autism? - YouTube](https://www.youtube.com/watch?v=Lk4qs8jGN4U&t=161s) – National Autistic Society video explaining Autism and the traits associated - <https://www.youtube.com/watch?v=Lk4qs8jGN4U&t=161s>

## COMIC STRIP/PICTURES

- [Understanding the Spectrum - a comic strip explanation | The Art of Autism \(the-art-of-autism.com\)](https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/) – A visual representation of an explanation of Autism - <https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>



### GROUPS (YORK BASED):

- [Autism York](https://autismyork.org/) - non-profit group operated by a board of volunteers dedicated to supporting the local autism community. The group exists for the sole purpose of providing support in a safe and friendly environment. - <https://autismyork.org/#:~:text=Autism%20York%20is%20a%20non,a%20safe%20and%20friendly%20environment.>

### TIKTOK CHANNELS

- **Soundoftheforest** - autistic content creator who uses TikTok to detail her personal experience with her condition.
- **Dottiestims** - posts in-depth reviews of fidget toys/tools, highlighting how it helps her regulate her emotions
- **NDwellness** – content creator diagnosed with both autism and ADHD, exploring how these conditions affect her day-to-day life
- **Thatautisticdrummer** – talented drummer diagnosed with Autism, ADHD, and FASD, uses his platform to show his skills as well as posting humorous and relatable videos of his experiences
- **Autismchosome** - proud autistic TikToker who uses his account to express his personal adoration for his condition.
- **Lafilledani** – autistic content creator who speaks from a place of intersectionality — Autistic, POC, and Queer
- **Chloeshayden** – content creator diagnosed with Autism and ADHD, who has also released a book entitled 'Different, Not Less: a neurodivergent's guide to embracing your true self and finding your happily ever after'

### SENSORY:

*Many autistic people find that they have sensory differences, and so this section may help you to understand sensory differences more, and also points you to resources that might help you to manage sensory differences:*

### WEBSITES:

- [CALMER – Flare Audio Ltd](https://www.flareaudio.com/) - Earbuds for sensitive hearing - <https://www.flareaudio.com/>
- [Loop Earplugs](https://www.loopearplugs.com/?utm_source=google&utm_medium=cpc&utm_campaign=trgt_uk_search_brand_loopearplugs&gclid=Cj0KCQjAmaibBhCAARIsAKUlaKSYjs2uFIN86AMHqN_nJTdFy5YaMQnqYnbAJVLU9KMalhmiFlzNHj4aAobkEALw_wcB) – Earplugs for noise reduction - [https://www.loopearplugs.com/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=trgt\\_uk\\_search\\_brand\\_loopearplugs&gclid=Cj0KCQjAmaibBhCAARIsAKUlaKSYjs2uFIN86AMHqN\\_nJTdFy5YaMQnqYnbAJVLU9KMalhmiFlzNHj4aAobkEALw\\_wcB](https://www.loopearplugs.com/?utm_source=google&utm_medium=cpc&utm_campaign=trgt_uk_search_brand_loopearplugs&gclid=Cj0KCQjAmaibBhCAARIsAKUlaKSYjs2uFIN86AMHqN_nJTdFy5YaMQnqYnbAJVLU9KMalhmiFlzNHj4aAobkEALw_wcB)

- [Sensory differences - a guide for all audiences \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences) – National Autistic Society webpage explaining the sensory differences that people with Autism may experience - <https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences>
- [Stimming - a guide for all audiences \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/stimming/all-audiences) – National Autistic society webpage explaining the act of stimming and the possible reasons behind this behaviour - <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/stimming/all-audiences>

## BOOKS:

- **Lizzie Huxley-Jones** – Stim: An Autistic Anthology
- **Olga Bodashina** – Sensory Perceptual Issues in Autism and Asperger Syndrome



## OCCUPATIONAL HEALTH:

*Occupational Health refers to the balance between work and leisure time and its importance in our sense of wellbeing and personal satisfaction. The section below this one refers more specifically to employment and education, but an extremely important part of occupational health involves how we manage and spend time outside of work. Below are some links which may be useful for organising more support with the management of day to day life and activities:*

## SERVICES:

- [Local Area Coordinators – City of York Council](https://www.york.gov.uk/LocalAreaCoordination) – Local Area Coordinators help you stay safe, well, independent and connected to your local community by: helping raise awareness of available resources, providing links to local services, supporting people with a wide range of issues and developing resilience and social inclusion in communities - <https://www.york.gov.uk/LocalAreaCoordination>
- [Living Well in North Yorkshire | North Yorkshire County Council](https://www.northyorks.gov.uk/living-well-north-yorkshire) – Living Well Coordinators help individuals to access their local community, and support them to find their own solutions to their health and wellbeing goals - <https://www.northyorks.gov.uk/living-well-north-yorkshire>

## APPS:

- [Brain in Hand: a professional digital support system](https://braininhand.co.uk/) - a digital self-management support system for people who need help remembering things, making decisions, planning, or managing anxiety - <https://braininhand.co.uk/>

## REASONABLE ADJUSTMENTS IN EMPLOYMENT, EDUCATION AND SERVICES:

*With regards to employment and education, it is important to note that autism is a recognised disability under the Equality Act 2010 and as such 'Reasonable Adjustments' should be made in any workplace or university setting. Here are some resources to help you navigate reasonable adjustment at university or at work:*

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## WORKPLACES

### WEBSITES:

- [Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](https://www.gov.uk/access-to-work) - Government website support information - <https://www.gov.uk/access-to-work>
- [Reasonable Adjustments - Neurodiversity.pdf \(agcas.org.uk\)](https://www.agcas.org.uk/write/MediaUploads/Resources/Disability%20TG/Reasonable_Adjustments_-_Neurodiversity.pdf) - Information on challenges of entering the workplace and reasonable adjustments - [https://www.agcas.org.uk/write/MediaUploads/Resources/Disability%20TG/Reasonable\\_Adjustments\\_-\\_Neurodiversity.pdf](https://www.agcas.org.uk/write/MediaUploads/Resources/Disability%20TG/Reasonable_Adjustments_-_Neurodiversity.pdf)
- [Autism, employment and the law | Employment Autism](https://www.employmentautism.org.uk/Pages/FAQs/Category/autism-disability-and-the-law) Explanation of employers legal duties in the workplace regarding employees with Autism – <https://www.employmentautism.org.uk/Pages/FAQs/Category/autism-disability-and-the-law>
- [Being in the workplace | Employment Autism](https://www.employmentautism.org.uk/Pages/FAQs/Category/being-in-the-workplace) – Information on processes, social rules and culture in the workplace - <https://www.employmentautism.org.uk/Pages/FAQs/Category/being-in-the-workplace>
- [Disability Confident: Guidance For Applicants - Citizens Advice](https://www.citizensadvice.org.uk/about-us/job-and-voluntary-opportunities/citizens-advice-job-opportunities/disability-confident/disability-confident-guidance-for-applicants/) Guidance for applicants regarding the disability Confident Scheme - <https://www.citizensadvice.org.uk/about-us/job-and-voluntary-opportunities/citizens-advice-job-opportunities/disability-confident/disability-confident-guidance-for-applicants/>



- [autistic adults \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/disclosing-your-autism/autistic-adults) - National Autistic Society webpage discussing disclosing your diagnosis - <https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/disclosing-your-autism/autistic-adults>
- [Employing autistic people \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/employment/employing-autistic-people/employers) - National Autistic Society webpage aimed at employers providing information and advice - <https://www.autism.org.uk/advice-and-guidance/topics/employment/employing-autistic-people/employers>
- [autistic adults \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults) - National Autistic Society webpage providing advice and guidance for Autistic individuals in the workplace - <https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults>

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## EDUCATION

### WEBSITES:

- [Help if you're a student with a learning difficulty, health problem or disability: Disabled Students' Allowance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/disabled-students-allowance-dsa) - Government webpage with information on support for students - <https://www.gov.uk/disabled-students-allowance-dsa>
- [Disabled Students Helpline | Disability Rights UK](https://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline) - Information on the Disabled Student's Helpline which provides advice and information for free - <https://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline>
- [Education Factsheets and Guides | Disability Rights UK](https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets/education-factsheets) - List of factsheets and guides for support in education - <https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets/education-factsheets>

- [What you need to know about further education | Ambitious about Autism](https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/what-you-need-know-about-further-education) - General Information regarding accessing and reasonable adjustments for higher education in the UK - <https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/what-you-need-know-about-further-education>

## WELLBEING AND SLEEP:

*Many autistic individuals struggle with their mental health and can experience increased levels of depression and anxiety, for example, as well as difficulties with sleep. Taking care of our mental wellbeing is extremely important but can be very difficult, especially for neurodiverse individuals living in a world designed for neurotypical people. Below are some links to resources which could provide further information and support with such difficulties:*

## WEBSITES:

- [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/) – NHS webpage containing tips for looking after your own wellbeing - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>
- [Five ways to wellbeing - Mind](https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/) - Mind charity webpage containing tips for looking after your own wellbeing - <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
- [How to look after your mental health if you are autistic | Shout 85258 \(giveusashout.org\)](https://giveusashout.org/latest/autism-mental-health/) – Shout is a text support service run by trained volunteers and this webpage contains tips for wellbeing in adults with Autism, supported by the National Autistic Society - <https://giveusashout.org/latest/autism-mental-health/>



## BOOKS:

- **Jeanette Purkis, Dr Emma Goodall and Dr Jane Nugent** - The Guide to Good Mental Health on the Autism Spectrum
- **Luke Beardon** - Avoiding Anxiety in Autistic Adults: A Guide for Autistic Wellbeing

## VIDEOS:

- [My Sleep Difficulties | Purple Ella - YouTube](https://www.youtube.com/watch?v=c3kuZj0luQI) – Autistic content creator discussing her challenges with sleep - <https://www.youtube.com/watch?v=c3kuZj0luQI>
- [Autistic adults \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/autistic-adults) – National Autistic Society website discussing sleep difficulties for Autistic individuals as well as possible strategies for improving sleep - <https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/autistic-adults>

## FAMILY RESOURCES:

***Autism is a developmental diagnosis which has evidence of a genetic component. Some people with autism pursue a diagnosis because of recognising similar traits and experiences in their children. Being an autistic parent of a child who is also diagnosed with autism comes with its own challenges and below are some materials on this topic that you may find useful:***

## WEBSITES:

- [Autistic parent of an autistic child - Living Autism](https://livingautism.com/autistic-parent-autistic-child/) – Article written by a Person with Lived Experience working at The Retreat Clinics - <https://livingautism.com/autistic-parent-autistic-child/>

## VIDEOS:

Purple Ella is a well-known youtuber diagnosed with autism, ADHD and chronic illness (hEDS) who creates content on her life and experiences with these diagnoses. She is also a parent to three children and speaks about parenting in some of her videos:

- [AUTISTIC MOTHER | Purple Ella - YouTube](https://www.youtube.com/watch?v=dKAF48NSsJI) - <https://www.youtube.com/watch?v=dKAF48NSsJI>
- [Tips For Autistic Parents | Purple Ella - YouTube](https://www.youtube.com/watch?v=mMWX7mn_Zt8) - [https://www.youtube.com/watch?v=mMWX7mn\\_Zt8](https://www.youtube.com/watch?v=mMWX7mn_Zt8)
- [Autistic Parenting - The Social Side | Purple Ella - YouTube](https://www.youtube.com/watch?v=Jyb2OVdSig4) - <https://www.youtube.com/watch?v=Jyb2OVdSig4>

## SPECIFIC EXPERIENCES:

***Below are materials that some individuals may also find useful based on more specific experiences or areas of interests. This includes the experiences of Autistic women, neurodiversity in the LGBTQIA+ community and relationships in general:***

### WOMEN'S EXPERIENCES:

#### WEBSITES

- [Aspiring - to be you : supporting autistic women \(aspiringtobeu.com\)](https://aspiringtobeu.com) - A platform which provides education and perspective regarding autism, specifically about women with autism - <https://aspiringtobeu.com/>



- [Autistic women and girls \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls) – National Autistic Society webpage - <https://www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls>

#### BOOKS

- **Dr Sarah Bargiela** - Camouflage: The Hidden Lives of Autistic Women
- **Edited by Barb Cook and Dr Michelle Garnett** - Spectrum Women: Walking to the Beat of Autism
- **Sarah Hendrickx** - Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age

#### VIDEOS

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## RELATIONSHIPS:

### WEBSITES

- [Autism, relationships and marriage](#) – National Autistic Society website, article written by an autistic person on his personal experience - <https://www.autism.org.uk/advice-and-guidance/professional-practice/autism-relationships>

### BOOKS

- **Joe Biel** - The Autism Relationships Handbook: How to Thrive in Friendships, Dating, and Love
- **Dr Emma Goodall** - The Autism Spectrum Guide to Sexuality and Relationships: Understand Yourself and Make Choices that are Right for You

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## LGBTQIA+:

### WEBSITES

- [Autism and gender identity](#) – National Autistic Society webpage - <https://www.autism.org.uk/advice-and-guidance/what-is-autism/autism-and-gender-identity>
- [LGBTQ+ | Ambitious about Autism](#) – webpage containing resources and information on autism and LGBTQ+ (UK based website) - <https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq>

### BOOKS

- **Eva Mendes and Meredith Maroney** - Gender Identity, Sexuality and Autism: Voices from Across the Spectrum
- **Laura Kate Dale** - Uncomfortable Labels: My Life as a Gay Autistic Trans Woman