

# Introduction



## Welcome to Your Post-Diagnostic Resources

Receiving a diagnosis can be a significant and sometimes overwhelming experience.

You might find yourself asking, "What next?" or looking for guidance, support, or simply a sense of community.

This pack contains a curated collection of neuroaffirming resources, recommended by autistic and ADHD communities, organisations, and lived experience advocates. Whether you are looking for sensory tools, workplace advice, wellbeing support, or simply want to connect with others who understand, we hope this guide offers you a starting point. You are not alone.

There is a vibrant, supportive community out there, and this is your invitation to be part of it.

Area	Resource Name & Link	Type
General	<a href="#">Embrace Autism</a> – Canadian based site run by autistic psychologists	Website
General	<a href="#">National Autistic Society</a> – UK based information and resources site	Website
General	<a href="#">Autism Understood – Spectrum Gaming – UK autistic-led community</a>	Website
General	<a href="#">Tourette's Action</a> – UK charity for Tourette's	Website
General	<a href="#">ADHD Foundation</a> – Neurodiversity charity	Website
General	<a href="#">ADHD Love – ADHD information and community</a>	Website
General	<a href="#">Autism in Adults – Luke Beardon</a>	Book
General	<a href="#">The Reason I Jump – Naoki Higashida</a>	Book
General	<a href="#">NeuroTribes – Steve Silberman</a>	Book
General	<a href="#">Different, Not Less – Chloe Hayden</a>	Book
General	<a href="#">Untypical – Pete Wharmby</a>	Book
General	<a href="#">Unmasking Autism – Devon Price</a>	Book
General	<a href="#">The Dyslexic Advantage – Drs Brock &amp; Fernette Eide</a>	Book

General	<a href="#">Fast Facts About Autism</a>	Video
General	<a href="#">What is Autism? – NAS</a>	Video
General	<a href="#">Autistic Self Advocacy Network (ASAN)</a>	Website
General	<a href="#">Monotropism</a> – Autism theory site	Website
Sensory	<a href="#">Flare Audio</a> – Earbuds for sensitive hearing	Website
Sensory	<a href="#">Sensory Direct</a> – Sensory products	Website
Sensory	<a href="#">Loop Earplugs</a> – Earplugs for noise reduction	Website
Sensory	<a href="#">Sensory Differences – NAS</a>	Website
Sensory	<a href="#">Stimming – NAS</a>	Website
Sensory	<a href="#">Stim: An Autistic Anthology – Lizzie Huxley-Jones</a>	Book
Sensory	<a href="#">Kelly Mahler – Interoception Resources</a>	Website
Sensory	<a href="#">Sensory Guide to Greater Manchester</a> – ND Matters	Blog post

Workplace	<a href="#">Access to Work</a> – Government funding scheme	Website
Workplace	<a href="#">Disability Confident Scheme</a>	Website
Workplace	<a href="#">Disclosing Autism – NAS</a>	Website
Workplace	<a href="#">Employing Autistic People – NAS</a>	Website
Workplace	<a href="#">Support at Work – NAS</a>	Website
Education	<a href="#">Disabled Students Allowance</a>	Website
Education	<a href="#">Disabled Students Helpline – Disability Rights UK</a>	Website
Education	<a href="#">Education Factsheets – Disability Rights UK</a>	Website
Wellbeing	<a href="#">Mind – Autism &amp; Mental Health</a>	Website
Wellbeing	<a href="#">Shout Text Support</a>	Website
Wellbeing	<a href="#">BEAT – Eating Disorders</a>	Website
Wellbeing	<a href="#">Spoon Theory</a>	Website
Wellbeing	<a href="#">ARFID Awareness UK</a>	Website

Wellbeing	<a href="#">The Guide to Good Mental Health on the Autism Spectrum – Jeanette Purkis et al.</a>	Book
Wellbeing	<a href="#">Avoiding Anxiety in Autistic Adults – Luke Beardon</a>	Book
Wellbeing	<a href="#">Purple Ella on Sleep</a>	Video
Wellbeing	<a href="#">Sleep Difficulties – NAS</a>	Website
Family	<a href="#">Stockport ND Support</a>	Website
Family	<a href="#">Autistic Parent of an Autistic Child</a>	Website
Family	<a href="#">Purple Ella on Parenting</a>	Video
Family	<a href="#">Purple Ella – Additional Parenting Videos</a>	YouTube Channel
Women	<a href="#">Women and Girls – NAS</a>	Website
Women	<a href="#">Autistic Girls Network</a>	Website
Women	<a href="#">Autistic Women and Non-Binary Network</a>	Website

Women	<a href="#">Camouflage – Dr Sarah Bargiela</a>	Book
Women	<a href="#">Spectrum Women – Barb Cook &amp; Dr Michelle Garnett</a>	Book
Women	<a href="#">The Girl with the Curly Hair – Alis Rowe</a>	Book
Women	<a href="#">The Autism Friendly Guide to Periods – Robyn Steward</a>	Book
Women	<a href="#">Behind the Mask – TEDTalk</a>	Video
Women	<a href="#">How Autism Freed Me – TEDTalk</a>	Video
Relationships	<a href="#">Autism, Relationships and Marriage – NAS</a>	Website
Relationships	<a href="#">The Autism Relationships Handbook – Joe Biel</a>	Book
Relationships	<a href="#">The Autism Spectrum Guide to Sexuality and Relationships – Dr Emma Goodall</a>	Book
LGBTQIA+	<a href="#">Autism and Gender Identity – NAS</a>	Website
LGBTQIA+	<a href="#">Gender Identity, Sexuality and Autism – Eva Mendes and Meredith Maroney</a>	Book
LGBTQIA+	<a href="#">Uncomfortable Labels – Laura Kate Dale</a>	Book

ADHD	<a href="#">How to ADHD YouTube Channel</a>	YouTube
Neurodiversity	<a href="#">Neurodivergent Insights</a>	Website
Neurodiversity	<a href="#">ND Matters</a>	Website