



Differabled
Scotland

References and Resources

General

National Autistic Society

General advice and support

www.autism.org.uk

Internet Matters

Teens 14+ online safety advice by age

www.internetmatters.org

Physical health

NHS 24

Online information about health issues (phone 111 for emergency advice)

www.nhs24.scot/our-services/nhs-inform

Mental health

Google

Search “Mindfulness in Autism”

NHS

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

The Essential Guide to Anxiety and Autism

Key facts about anxiety and people on the autistic spectrum.

<http://www.researchautism.net/publicfiles/pdf/essential-guide-anxiety-autism.pdf>

National Autistic Society

www.autism.org.uk/about/behaviour/anxiety.aspx

Childline

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/managing-your-anxiety

tel: 0800 1111

Public Health Scotland

2-day workshop intended as “suicide first-aid” training.

www.chooselife.net/Training/asist.aspx

Breathing Space

Confidential phonenumber for anyone in Scotland over 16 and feeling low, anxious or depressed.

www.breathingspace.scot

tel: 0800 83 85 87

Samaritans

Contact by phone, email or letter. Face to face support unfortunately not available during COVID-19.

www.samaritans.org

tel: 116 123 (UK)

Sensory issues and arousal control

Useful websites

www.sensoryintegration.org.uk

www.spdlife.org (sensory processing self help site, including profiles and advice)

www.alertprogram.com (programme to identify and stabilise arousal)

Publications

Too Loud Too Bright Too Fast Too Tight: What to Do If You are Sensory Defensive in an Overstimulating World by Sharon Heller (2004). Harper Collins, London.

Executive skills

Useful websites

<https://nyspta.org/wp-content/uploads/2017/08/Conv17-305-dawson-executive-skills-questionnaire.pdf> (online executive skills checklist/assessment by Peg Dawson and Richard Guare)

www.tiimoapp.com (assistive app and web platform designed to improve routines and increase focus and independence)

Publications

Smart but Scattered Teens by Peg Dawson and Richard Guare. Audiobook.

Survival Tips for Women with AD/HD: beyond piles, palms and post-its by Terry Matlen.

Relationships

Useful websites

www.autism.org.uk/about/communication/social-isolation.aspx

www.raisingchildren.net.au/autism/communicating-relationships/connecting/social-skills-for-teens-with-asd

<https://www.iidc.indiana.edu/search/?q=social%20skills%20and%20relationships>

Bullying

www.autism.org.uk/about/in-education/bullying/guide-young-people.aspx

www.autisticnotweird.com/bullying (advice from someone with Aspergers who was bullied)

Other resources

Big Picture Thinking; using central coherence theory to support social skills by Aileen Zeitz Collucci (2011). AAPC Publishing, Kansas.

Social stories

A social story describes a situation, skill or concept in terms of relevant social cues, perspectives, and common responses in a specific style to aid understanding and develop strategies. Google “social stories autism” and examples and picture resources will come up.

<http://www.autismtoolbox.co.uk/about-autism-toolbox>

Writing Social Stories with Carol Gray by Carol Gray (2000). Future Horizons Inc., Arlington.

Comic Strip Conversations by Carol Gray (1994). Future Horizons Inc., Arlington.