

GENERAL

<http://www.autism.org.uk/> The National Autistic Society

<https://www.autism.org.uk/directory.aspx> Autism Services Directory for services and support for people on the Autistic spectrum, their families and people who work with them.

<https://www.autistica.org.uk/>

<https://www.ambitiousaboutautism.org.uk/>

<https://specialneedsjungle.com/>

'Neurotribes' by Steve Silberman <http://stevesilberman.com/>

'Thinking in Pictures' and 'The Autistic Brain' by Temple Grandin www.templegrandin.com

Inspiring 'TED' Talks:

https://www.ted.com/talks/steve_silberman_the_forgotten_history_of_autism

https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds

Research: <https://spectrumnews.org/author/williammandy/>

Sibling support: <https://www.sibs.org.uk/>

<https://www.youngsibs.org.uk/> for siblings between the ages of 7 and 17

<https://researchautism.org/resources/life-as-an-autism-sibling-a-guide-for-teens/>

<https://www.themix.org.uk/> - The Mix is a support service for young people under 25.
Not ASD specific

SURREY

www.surreylocaloffer.org.uk The online hub for 0-25 year olds with special educational needs or a disability.

- Find services and support for yourself or someone you care for with SEND.
- Access a wide range of information and advice about SEND.
- Talk to other families online and share SEND experiences.
- Talk to the Local Offer team online or by phone about your SEND queries.

<http://www.nassurreybranch.org/home.html>

NAS Surrey branch meetings and events: <http://www.nassurreybranch.org/surrey-branch-meetings.html>

<https://www.appeer.org.uk/> - Delivering a positive PEER approach for, and with, girls and women with an Autistic Spectrum condition and other neuro-diverse conditions (you don't need a diagnosis). Social groups for 7-12's and teenagers and webinar forums and support groups for parents.

STUDYING, PLANNING, ORGANISING AND REVISING

Top Tips for Asperger Students, Rosemary Martin

Little Book series: The Little Book of Exam Skills Kate Brookes; The Little Book of Exam Calm, Anita Naik

The Study Skills Handbook, Stella Cottrell

www.educationoasis.com/printables/graphic-organizers/

www.gojimo.com - the free app to help you pass exams!

<https://bubbl.us> - the first 3 mind maps that you create are free

www.quizlet.com - create flashcards. Interactive games, study modes and practice tests make learning fun!

<https://getrevising.co.uk/planner> - be organised and create a revision study planner

EBSNA RESOURCE BANK:

<https://en-gb.padlet.com/SEPS/EBSNA> - A resource bank to support schools with EBSNA (Emotionally-Based School Non-Attendance).



MENTAL HEALTH

<https://www.mindworks-surrey.org/> the new emotional wellbeing and mental health service for children and young people in Surrey.

24/7 mental health crisis line for children, young people, and families

The freephone number - 0800 9154644 – is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. The number is available to those who are already receiving mental health services, and also for those who are not. No referral is needed.

The crisis line is staffed by a team of experienced, trained call handlers and mental health nurses.

A key aim of the crisis line is to help support young people, carers and families within their own homes and in the community and, whenever possible, help avoid the need for children and young people to go to hospital in a crisis.

<https://www.cyphaven.net/home/redhill/> - The CYP Haven is a safe space where you can talk about worries and mental health in a confidential and friendly, supportive environment. – Open Wednesday, Friday and Sunday, see website for further details.

<https://surreywellbeing.org/> - Surrey Wellbeing Partnership (SWP) is a formal joint venture of local and national charities of various sizes with a common goal: to work with children and young people in the community to improve wellbeing and mental health so that they can live full, fun and confident lives.

Qwell is offering online mental health and wellbeing support for Surrey parents and carers of children and young people with special educational needs and disabilities. Qwell is free to use and offers one-to-one online text chat counselling sessions with trained counsellors, along with access to self-help tools and forums. See link below:



https://www.qwell.io/?utm_source=Surrey%20County%20Council&utm_medium=email&utm_campaign=12062324_SEND%20News%20January%202021&utm_content=Qwell&dm_i=16HE,76JCK,N2ZVNF,T3CUQ,1

<https://www.teentips.co.uk/wellbeing-hub/>

A source of support for parents and pupils. The Wellbeing Hub is designed by experts to meet the social, emotional and educational needs of young people.

<https://thelucyraynerfoundation.com/>

Free counselling and support groups in Surrey

<https://kooth.com/> - XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information about XenZone, please visit XENZONE.COM. If you're a parent looking for more information about Kooth, please email PARENTS@XENZONE.COM

SUICIDE

<https://www.papyrus-uk.org/> a new organisation dedicated to the prevention of suicide and the promotion of positive mental health and wellbeing in young people. **PAPYRUS HOPELINE UK on 0800 068 4141**

<https://www.autistica.org.uk/downloads/files/Crisis-resource-2020.pdf>

The Samaritans 116 123

SMS: Text SHOUT to 85258

SUGGESTED TEENAGE/PARENT AUTISM RESOURCES AND BOOKLIST

There are some excellent video clips from 'Ambitious about Autism' on YouTube in which young people explain different aspects of autism and how they manage them. See link below:

<https://www.youtube.com/user/ambitiousaboutautism/featured>

<http://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation>

<https://www.youtube.com/watch?v=7JdCY-cdgkl> cartoon explanation of ASD

A short-animated film "I Feel Different" which features the words and experiences of students at Limpsfield Grange, made by BBCArts and the University of Kent team. <https://www.bbc.co.uk/iplayer/episode/p08z30ky/animated-thinking-i-feel-different>

The Girl with the Curly Hair books: 'Asperger's Syndrome in 13-16year olds'; 'Asperger's Syndrome and <https://thegirlwiththecurlyhair.co.uk/>

https://en-gb.facebook.com/pg/TheGirlWithTheCurlyHair/about/?ref=page_internal - Monitored social media website.

BOOKS

Autism as Context Blindness by Peter Vermeulen

Can I tell you about Asperger Syndrome? Jude Welton

Kids with Autistic Spectrum Disorders, Elizabeth Verdick and Elizabeth Reeve, MD

Snivel & Shriek Guides: Transition, Wellbeing and Learning. <http://www.snivelandshriek.com/>

The ASD Workbook, Understanding your Autistic Spectrum Disorder, Penny Kershaw

With the Light: Raising an Autistic Child, Keiko Tobe

How to Be Yourself in a World That's Different: An Asperger Syndrome Study Guide for Adolescents, Yuko Yoshida

The Asperger Teen's Toolkit, Francis Musgrave

Freaks, Geeks and Asperger Syndrome, Luke Jackson

Sex, Drugs and Asperger's Syndrome, Luke Jackson

The Reason I Jump, Naoki Higashida

The Whole-Brain Child (and Workbook), Dr Daniel Siegel and Dr Tina Bryson

The Asperkid's Secret Book of Social Rules, Jennifer Cook O'Toole - List of do's and don'ts from Page 27

Revealing the Hidden Social Code, Marie Howley and Eileen Arnold

How to Start, Carry on and End Conversations, Paul Jordan

Can I tell you about Anxiety? Lucy Willets and Polly Waite

Starving the Anxiety Gremlin, Kate Collins-Donnelly

Starving the Stress Gremlin, Kate Collins-Donnelly

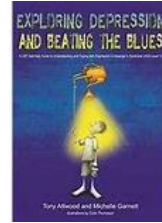
Starving the Anger Gremlin, Kate Collins-Donnelly

Overcoming Your Child's Fears and Worries, Cathy Creswell and Lucy Willetts

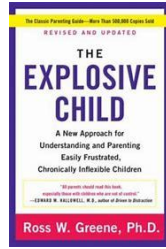


Live Out Loud, and It's all in the mind, Don't Sweat the small stuff, Marilyn Tucknot, publisher Koa Ltd

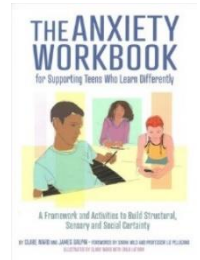
Exploring Depression, and Beating the Blues, Tony Attwood and Michelle Garnett



The Explosive Child, Ross W. Greene

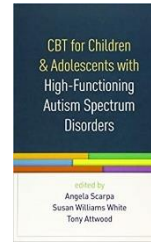


The Anxiety Workbook for Supporting Teens Who Learn Differently, Clare Ward and James Galpin

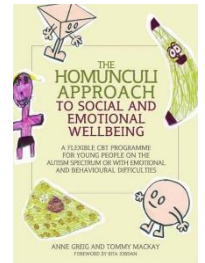


<http://astraldrivejunior.ednet.ns.ca/worksheets.pdf> materials and worksheets, 'Anxiety' by Paul Stallard

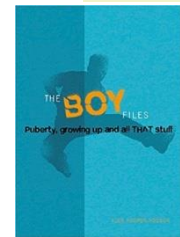
CBT for Children & Adolescents with High-Functioning Autism Spectrum Disorders edited by Angela Scarpa, Susan Williams White, Tony Attwood



The Homunculi Approach to Social and Emotional Wellbeing A Flexible CBT Programme for Young People on the Autism Spectrum or With Emotional and Behavioural Difficulties by Anne Greig and



The Growing Up Book for Boys by Davida Hartman
The Boy Files - Puberty, growing up and all that stuff by Alex Hooper-Hodson

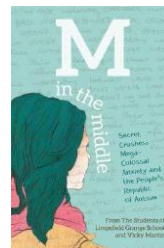


GIRL SPECIFIC

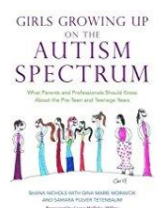
Girls with Autism Channel 4 clip: <https://www.channel4.com/news/girls-affected-by-autism> 8.16mins

<http://www.nasen.org.uk/resources/resources.girls-and-autism-flying-under-the-radar.html>

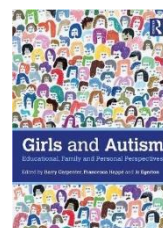
<http://www.limpsfieldgrange.co.uk/> Film clips and ITV Documentary, and our books, 'M is for Autism' and 'M in the Middle' (available from Amazon)



Girls Growing Up on the Autistic Spectrum Shana by Nichols with Gina Marie Moravcik and Samara Pulver Tetenbaum



Girls and Autism - Educational, Family and Personal Perspectives Edited by Barry Carpenter, Francesca Happé and Jo Egerton



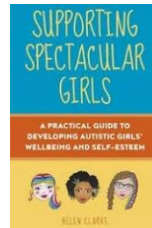
Taking Off the Mask, Practical exercises to help understand and minimise the effects of Autistic camouflaging by Dr Hannah Louise Belcher



The Growing Up Guide for Girls by Davida Hartman



Supporting Spectacular Girls by Helen Clarke



Safeguarding Autistic Girls by Carly Jones MBE



Camouflage – The Hidden Lives of Autistic Women by Dr Sarah Bargiela – Brilliant book for older teen girls/young women who have received a diagnosis and are looking to understand more.



BBC iPlayer are showcasing a short-animated film "I Feel Different" which features the words and experiences of students here at Limpsfield Grange, made by BBC Arts and the University of Kent team, see link below.

<https://www.bbc.co.uk/iplayer/episode/p08z30ky/animated-thinking-i-feel-different>

<http://aspie-girl.blogspot.co.uk/>

<https://www.appeer.org.uk/> - Delivering a positive PEER approach for, and with, girls and women with an Autistic Spectrum condition and other neuro-diverse conditions (you don't need a diagnosis). Social groups for 7-12's and teenagers and webinar forums and support groups for parents.

<https://www.ymcaeast Surrey.org.uk/children/emotional-wellbeing-mental-health/ys-girls-mentoring/>

The Y's Girls programme is an early and effective mentoring initiative that matches trained volunteer mentors from a range of different backgrounds in East Surrey with female-identifying young people aged 9-14 years old to support them to overcome challenges and achieve their fullest potential in life.

Y's Girls aims to help build resilience and reduce the likelihood of young girls developing mental health concerns, by developing their confidence, skills and engagement with their communities.

Purple Ella - <https://www.youtube.com/user/purplemumify>

<https://network.autism.org.uk/good-practice/case-studies/autism-and-mental-health> Ella

Tabb, a [blogger](#), YouTuber and autism speaker, discusses her mental health difficulties prior to her autism diagnoses in her 30s. She explores how unmasking and strategies such as mindfulness have helped to improve her mental health.



Energy accounting: an interview with Maja Toudal



"Energy accounting = balancing energy draining activities with energy replenishing activities and rest. For autistic people, energy accounting reduces anxiety and overload." Purple Ella

<https://network.autism.org.uk/knowledge/insight-opinion/energy-accounting-interview-maja-toudal>

SLEEP

The Sleep Charity: <https://thesleepcharity.org.uk/>

Teen Sleep Hub: <https://teensleephub.org.uk/>

Booklet aimed at teenagers explaining the importance of good sleep. <https://thesleepcharity.org.uk/wp-content/uploads/The-Teen-Sleep-Hub-eBook.pdf>

Also: <https://thesleepcharity.org.uk/wp-content/uploads/Teen-Sleep-Hub-Teen-Sleep-Matters-Supporters-Pack.pdf>

GENDER/LGBTU+

Allsorts Youth Project : <https://www.allsortsyouth.org.uk/>

- We provide **specialist services** directly to children & young people (ages 5-25) who are LGBT+ or unsure of their gender identity/sexual orientation.
- We offer spaces and support groups for **parents, carers and families** of LGBT+ children and young people.
- We **train the wider community**, professionals and schools so that all spaces and organisations can be safer and more inclusive for LGBT+ people.

<https://www.mermaidsuk.org.uk/> - Mermaids supports children and young people up to 20 years old who are transgender and/or gender diverse, and their families, and professionals involved in their care.

<https://www.genderbread.org/>

Twister

Youth Workers from Surrey County Council run Twister, which is a safe space where young people can meet to get support, make friends, and take part in fun, creative and awareness raising activities. It is for young people age 13 to 19 and up to 25 if the young adult has special educational needs or disabilities (SEND). See link:

https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/young-people/lgbt-support?utm_source=Surrey%20County%20Council&utm_medium=email&utm_campaign=12062324_SEND%20New%20January%202021&utm_content=Twister&dm_i=16HE,76JCK,N2ZVNF,T3CUO,1

Twister is just like any other youth group. The young people choose how they spend their time there, with the main activities including art, crafts, music and cooking. At the start of the session some young people may choose to change into clothes that reflect their gender identity. The friendly feel of the group allows discussions to open up about issues they might be experiencing or worried about, such as bullying, coming out, relationships, civil rights, equality and being a gay and/or transgender person in public.

R U Coming Out A website where LGBT people share their coming out stories www.RUcomingout.com

PACE is an LGBT+ mental health charity offering a range of face-to-face and online services. The website hosts publications and factsheets on subjects including mental wellbeing, health and LGBT rights, religion and LGBT issues. They offer face-to-face, online/email, and telephone counselling for young people www.pacehealth.org.uk

Brook provides free and confidential sexual health and wellbeing services for young people nationwide. Their website includes information pages on gender identity and sexual orientation, contraception, health and wellbeing and staying safe online, and a text and web chat service www.brook.org.uk/your-life

Switchboard – the LGBT+ helpline Information, support and referral service for LGBT people including online messaging and phone service www.switchboard.lgbt/help

Albert Kennedy Trust is an organisation supporting LGBT 16-25 year olds who are made homeless or are living in a hostile environment www.akt.org.uk

ChildLine is a private and confidential service for children and young people up to the age of 19. Young people can contact ChildLine via email, message boards or phone and access advice and information online www.childline.org.uk

FOR TRANS YOUNG PEOPLE:

Gendered Intelligence provides guidance for trans young people including *A Guide For Young Trans People in the UK*, *Trans Youth Sexual Health Booklet*, *Capturing Journeys* report and online information as part of their *Knowledge is Power* project www.genderedintelligence.co.uk

Gendered Intelligence and Galop *Free to be Me* project exploring hate crime and trans rights www.genderedintelligence.co.uk/trans-youth/resources

Mermaids hosts an online forum for trans young people aged 13-19
www.mermaidsuk.org.uk

Mermaids *Where do the Mermaids stand?* Poetry, prose, artwork and personal stories by trans children, young people and their parents
www.mermaidsuk.org.uk/index.php/young-voices

Beyond the Binary A submission-based website which aims to give non-binary people the opportunity to share their experiences www.beyondthebinary.co.uk

MyGeneration is an on-going documentary project exploring gender variance set up to record the different experiences and perspectives of trans people www.mygeneration.com

APPS

<https://www.camhs-resources.co.uk/apps-1> A whole list of Apps to support anxiety, stress, sleep, depression, self-harm and suicidal thoughts.

Quickshift Apps. Look at the Vitallinks site, Sensory Modulation & Regulation: Regulations 1 and 2.

<https://www.vitallinks.net/pages/Quickshifts-Album-Descriptions.php>

<https://vitallinks.com/quickshifts/for-parents/>

<https://vitallinks.com/support/documents/therapeutic-listening-app/> - download instructions



<https://www.autistica.org.uk/get-involved/molehill-mountain-app> - Molehill Mountain is designed to help autistic people understand more about their anxiety. The app is based on Cognitive Behaviour Therapy (CBT) approaches adapted for autistic people and developed from a paper toolkit focused on psychoeducation, created and evaluated by Professor Emily Simonoff. Molehill Mountain is co-owned by Autistica and King's College London.



<http://braininhand.co.uk/>

braininhand
personal technology for independent living

Want to improve your health and wellbeing?

Health apps can make a big difference. We've reviewed thousands of apps so you can find the best and the safest.

Discover the best apps to improve your health:
sabp.orcha.co.uk

Surrey and Borders Partnership
NHS Foundation Trust

Service provided by ORCHA

This is not an exhaustive list, but somewhere to start the journey and supplement knowledge and skills. For more information or guidance contact:

debbiewalfordoutreach@limpsfield-grange.surrey.sch.uk

01883 713928 Ext 120