

GENERAL

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

Steve Silberman: The forgotten history of autism | TED Talk

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/>

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.

[NAS Surrey Branch |](#)

NAS Surrey branch meetings and events: [NAS Surrey Branch | NAS Surrey Branch Meetings & Events](#)

<https://autismunderstood.co.uk/> - "A website about autism, for autistic young people and so that everyone can gain a better understanding of what autism is, since most people we meet seem a little confused about what autism actually is."

<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.

AUTISM AND DOGS

<https://www.dogsforgood.org/how-we-help/family-dog/> - an organisation who offer online courses and support to help families with an autistic child to get the most out of their relationship with their pet dog.

GAMING

<https://www.spectrumgaming.net/about-us> - "Spectrum Gaming doesn't just focus on enabling friendships and connection, but on advocacy, and ensuring autistic young people are heard."



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

<https://www.educationoasis.com/graphic-organizers/>

[Download Gojimo App | GCSE, A Level Revision - EducationalAppStore](#)

<https://bubbl.us/> - mind maps

<https://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

MENTAL HEALTH

<https://www.bemoreuncommon.com/> - an organisation offering online courses to give neurodivergent young people, and their families, the knowledge they need to build confidence and manage stresses.

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

[Home - Kooth](#) - The Kooth team are here to provide free, safe and anonymous online support and counselling. Not ASC specific.

SUICIDE/SELF HARM

<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

<https://www.mindworks-surrey.org/advice-information-and-resources/managing-emotions/self-harm>



Calm Harm App An app that helps young people manage the urge to self-harm.



Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.



DistrACT App The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts

SUGGESTED TEENAGE/PARENT AUTISM RESOURCES AND BOOKLIST

‘Autism, Identity and Me’: A Practical Workbook and Professional Guide to Empower Autistic Children and Young People Aged 10+ by Rebecca Duffus.



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>

<https://autismunderstood.co.uk/> an excellent website aimed at young people to help them understand their autism.

<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

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/>

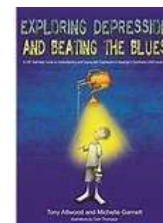
The ASD Workbook, Understanding your Autistic Spectrum Disorder, Penny Kershaw
 With the Light: Raising an Autistic Child, Keiko Tobe
 How to Be Yourself in a World That's Different: An Asperger Syndrome Study Guide for Adolescents, Yuko Yoshida
 The Asperger Teen's Toolkit, Francis Musgrave
 Freaks, 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 dos 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 Willets



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

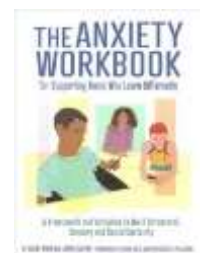
Exploring Depression, and Beating the Blues, Tony Attwood and Michelle Garnett

The Explosive Child, Ross W. Greene

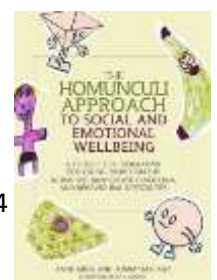


The Anxiety Workbook for Supporting Teens Who Learn Differently, Clare Ward and James Galpin

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 Tommy Mackay



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

Videos featuring Limsfield Grange School [Videos – Limsfield Grange School](#)

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.

Film by Immie Swain about signs of autism in girls and her late diagnosis. [Immie's Signs to Spot Autism \(youtube.com\)](#)

Books written by the girls of Limsfield Grange, ‘M is for Autism’ and ‘M in the Middle’

<https://www.appeer.org.uk/> - with, girls and women with an neuro-diverse conditions (you 12’s and teenagers and webinar



Delivering a Autistic don’t need a forums and



positive PEER approach for, and Spectrum condition and other diagnosis). Social groups for 7-support groups for parents.

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



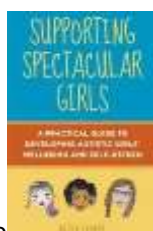
Taking Off the Mask, Practical exercises to help understand and minimise the effects of Autistic camouflaging by Dr Hannah Louise Belcher



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 – Excellent book for older teen girls/young women who have received a diagnosis and are looking to understand more.



<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>

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.



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.

[Support for young people who are LGBT+ - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/support-for-young-people-who-are-lgbt/)

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

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 Switchboard LGBT+ Helpline

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

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

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

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

outreach@limpsfield-grange.surrey.sch.uk

