

AUTISM RESOURCES

Books to help you understand your diagnosis.

- **An Adult with an Autism Diagnosis: A Guide for the Newly Diagnosed.** A book by *Gillan Drew*.
ISBN-13: 978-1785922466
 - **Autism and Asperger Syndrome in Adults.**
A book by *Dr Luke Beardon*.
ISBN-13: 978-1847094452
 - **I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults.** A book by *Cynthia Kim*.
ISBN-13: 978-0989597111
 - **Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High Functioning Autism** by *Valerie L Gaus*
ISBN-13: 978-0091926335
 - **Look me in the Eye: My Life with Asperger's**
by *John Elder Robison*
ISBN-13: 978-1606236345
 - **The Complete Guide to Asperger's Syndrome**
by *Tony Attwood*.
 - **Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism"** by *Temple Grandin and Sean Barron*.
ISBN-13: 978-1941765388
-

Books to help with autism-related anxiety and depression.

- **Asperger Syndrome and Anxiety: A Guide to Successful Stress Management.**
A book by *Nick Dubin*.
ISBN-13: 978-1843108955
- **Asperger's Syndrome and Anxiety: by the girl with the curly hair: Volume 8 (The Visual Guides).**
A book by *Alis Rowe*.
ISBN-13: 978-0956269355
- **Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT**
by *Lee Wilkinson*.
ISBN-13: 978-1849059275
- **The Autism Spectrum and Depression.**
A book by *Nick Dubin*.
ISBN-13: 978-1849058148

AUTISM RESOURCES

National resources which may be helpful for you and your family.

- **Autism Grown Up Resource Center**
<https://www.autismgrownup.com> Autism Grown Up, Inc. is a non-profit organisation that primarily serves the autism community online. Their tools and materials are created for people on the autism spectrum and their support networks to use. Email: hello@autismgrownup.com
- **Care Act assessment**
<https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets>
For support to meet eligible needs relating to Social Care and psychological wellbeing.
- **Citizens Advice**
www.citizensadvice.org.uk
Information, advice and guidance about benefits, debts and money, housing, immigration, the law and courts.
- **National Autistic Society**
www.autism.org.uk
A national organisation providing information about autism and how it effects people, including some information about strategies and approaches.
Tel: 020 7833 2299 Email: nas@nas.org.uk
- **Autism Alliance UK:**
<https://www.autism-alliance.org.uk>
Autism Alliance UK is a network of autism-specific service providers across the UK. They offer information and support for adults with autism, including information employment, and housing.
- **Autism Independent UK:**
<https://autismuk.com>
Autism Independent UK is a national charity that provides information and support to individuals with autism and their families. They offer a range of services for adults with autism, including advocacy, employment support, and training.
- **Autism Together:**
<https://www.autismtogether.co.uk>
Autism Together is a UK-based charity that provides information, support, and services to individuals with autism and their families. They offer a range of services for adults with autism, including employment support, housing, and community support.