

The following neurodiversity-related resources have been gathered to provide you with more information on neurodiversity. The following include a diverse array of information, language, and opinions surrounding neurodiversity which do not necessarily reflect the opinions of individual panel members. We would encourage you to learn more, particularly directly from neurodivergent individuals, and hope the resources help get you on that journey.

Autism Spectrum Disorder Related Resources:

Articles:

- How Autism Presents Differently in Females - <https://www.highspeedtraining.co.uk/hub/autism-females/>.
- Camouflaging/Masking Autism - <https://www.spectrumnews.org/features/deep-dive/costs-camouflaging-autism/>.
- Autistic Burnout - <https://boren.blog/2017/01/26/autistic-burnout-the-cost-of-coping-and-passing/>.
- Tips for Accessible Healthcare for Autistic Adults - <https://awnnetwork.org/accessible-health-care-for-autistic-adults/>.
- Judy Endow Blog Post Series - Mental Health Therapy and the Autistic Client - <http://www.judyendow.com/autism-and-mental-health/>
- Supporting People Living with Autism Spectrum Disorder and Mental Health Problems: A Guide for Practitioners and Providers - <https://www.mind.org.uk/media/3120340/autism-guide-web-version.pdf>.
- Mental Health and Autism: Why Acceptance Matters - <http://www.thinkingautismguide.com/2018/02/mental-health-and-autism-why-acceptance.html>.
- Teaching Autistic Students: <http://www.thinkingautismguide.com/2019/09/how-to-be-teacher-our-autistic-students.html>

Books

- Mental Health Aspects of Autism and Asperger Syndrome by *Mohammed Ghazziudin*
- All the Weight of Our Dreams: On Living Racialized Autism *Edited by Lydia X. Z. Brown., E. Ashkenazy., Morenike Giwa Onaiwu*
- Counseling People on the Autism Spectrum: A Practical Manual by *Katherine Paxton and Irene Estay*
- The Guide to Good Mental Health on the Autism Spectrum by *Jeanette Purkis, Dr. Emma Goodall, and Dr. Jane Nugent*
- Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism by *Temple Grandin and Sean Barron*
- Loud Hands: Autistic People, Speaking *Edited by Julia Bascom*
- Why Teach Social Thinking? by *Michelle Garcia Winner*

- Aspergirls: Empowering Females with Asperger Syndrome *by Rudy Simone*
- Parenting Girls on the Autism Spectrum: Overcoming the Challenges and Celebrating the Gifts. *by Eileen Riley-Hall*
- Uniquely Human: A Different Way of Seeing Autism *by Berry M. Prizant*

Websites

- Thinking Person's Guide to Autism is a website including articles about all aspects of autism from autistic people, parents, and professionals that is evidence-based and neurodiversity-focused. - <http://www.thinkingautismguide.com/>.
- Judy Endow is an autistic author, speaker, consultant, and clinical social worker - <http://www.judyendow.com/>
- The Color of Autism Foundation supports African American families with children who have autism - <https://www.thecolorofautism.org/>.
- The Autism Society of North Carolina provides supports for families in North Carolina - <https://www.autismsociety-nc.org/>
- The Autistic Self-Advocacy Network offers resources and supports for autistic individuals - <https://autisticadvocacy.org/>

Addressing Myths Surrounding Autism Spectrum Disorder:

- <https://www.kennedykrieger.org/stories/myths-facts-about-autism-spectrum-disorder>
- <http://www.icdl.com/dir/about-autism/autism-myths-facts>
- <https://www.autism.org.sg/living-with-autism/myths-and-facts-of-autism>

YouTube Videos:

- "Why everything you know about autism is wrong" Jac den Houting Tedx talk. https://www.youtube.com/watch?v=A1AUdaH-EPM&feature=youtu.be&fbclid=IwAR0SNVvmi7tb9IHzzsB-8FNPwqgOONE_iqsKgreVsJtV2kKmYtojLrzvQNI
- What Women With Autism Want You to Know - <https://www.youtube.com/watch?v=NwEH9Ui4HV8>.
- Ask an Autistic YouTube playlist - https://www.youtube.com/watch?v=WexCWZPJJE6A&list=PLAoYMFsyj_k1ApNj_QUkNgKC1R5F9bVHs.

ADHD Related Resources:

Articles:

- How ADHD Presents Differently in Females:
<https://www.verywellmind.com/adhd-in-girls-symptoms-of-adhd-in-girls-20547>.

Videos:

- How to ADHD (YouTube Channel-- Lots of GREAT videos on ADHD):
https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q
- Failing at Normal: An ADHD Success Story - Jessica McCabe - TEDxBratislava
https://www.youtube.com/watch?v=JiwZQNYIGQI&feature=emb_logo

Books:

- Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder by *Edward M. Hallowell, M.D. and John J. Ratey, M.D.*

Addressing Myths Surrounding ADHD:

- <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/add-adhd/10-common-myths-about-adhd>

General Neurodiversity Related Resources:

Articles:

- Defining Neurodiversity: <https://www.psychologytoday.com/us/blog/my-life-aspergers/201310/what-is-neurodiversity>
- Increasing neurodiversity in disability and social justice advocacy groups. <https://autisticadvocacy.org/wp-content/uploads/2016/06/whitepaper-Increasing-Neurodiversity-in-Disability-and-Social-Justice-Advocacy-Groups.pdf>.

Books:

- NeuroTribes: The Legacy of Autism and the Future of Neurodiversity by *Steve Silberman*

Videos:

- The Forgotten History of Neurodiversity - Steve Silberman - YouTube
https://www.ted.com/talks/steve_silberman_the_forgotten_history_of_autism/discussion?referrer=playlist-318
- Neurodiversity: The Key That Unlocked My World - Elisabeth Wiklander - YouTube
<https://youtu.be/Qvvrme5WlwA>
- Vidcon 2019 - Neurodiversity Panel
https://www.youtube.com/watch?v=dhlp-uRutiY&feature=emb_logo