

Resources

Autism and Mental Health:

- Dr Megan Anna Neff
- Patrick Casale
- Dr. Sean Inderbitzen
- Russell Lehmann
- Lisa Morgan

Autism in the Workplace:

- Brett Whitmarsh
- Theo Smith
- Ludmila Praslova

Podcasts:

- The Hidden 20%
- Neurodivergent Insights
- Uniquely Human

Resources

Books:

- Self-Care for Autistic People
- The Autistic Burnout Workbook
- On the Outside Looking In: My Life on the Autism Spectrum
- Uncomfortable Labels: My Life as a Gay Autistic Trans Woman
- Autistic and Black
- Neurodiversity at Work
- Autism in Polyvagal Terms
- The Reason I Jump
- We're Not Broken: Changing The Autism Conversation
- A Hidden Force
- Uniquely Human