












Exploring neurodivergence - Useful websites, books, podcasts, social media

Websites

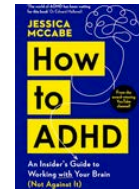
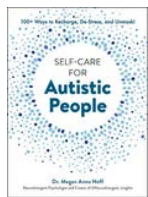
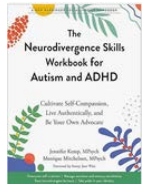
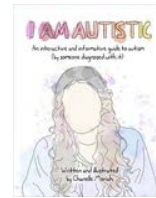
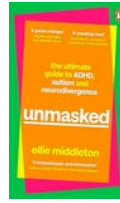
- **Reframing Autism** - <https://reframingautism.org.au/> 
- **Autism Essentials** - free online course from Reframing Autism providing an affirming understanding of autism <https://reframing-autism-s-school.teachable.com/p/autism-essentials>
- **Yellow Ladybugs** - supporting autistic girls, women, and gender diverse individuals - www.yellowladybugs.com.au 
- **Autism Awareness Australia** - <https://www.autismawareness.com.au/>  
- **Amaze** - Providing information, resources and advocacy around autism - <https://www.amaze.org.au/>
- **AutismCRC** - Best practice evidence in relation to autism - <https://www.autismcrc.com.au/>  AutismCRC
- **I CAN** - Autistic-led mentoring, training and consultancy - <https://icannetwork.online/> 
- **ADHD Australia** - awareness raising and advocacy - <https://www.adhdaustralia.org.au/> 
- **ADHD Foundation Australia** - providing ADHD community services, education and training and advocacy - <https://adhdfoundation.org.au/> 
- **ADDitude** - ADHD Experts Podcast and website - www.additudemag.com **ADDITUDE**
- **Disability Gateway** - Australian Government initiative connecting people to disability information and services - www.disabilitygateway.gov.au/ 



Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.

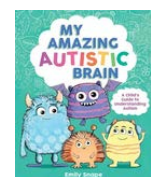
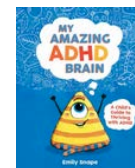
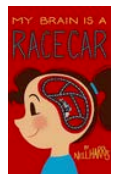
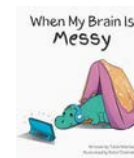
Books for adults

- Late bloomer - Clem Bastow
- Unmasked - Ellie Middleton
- How to be you - Ellie Middleton
- Different not less - Chloe Hayden
- Supporting autistic girls and gender diverse youth - Yellow Ladybugs
- I am autistic - Chanelle Moriah
- This is ADHD - Chanelle Moriah
- Unmasking Autism - Dr Devon Price
- Unmasking for life - Dr Devon Price
- Camouflage: The hidden lives of autistic women - Dr Sarah Bargiela
- The neurodivergence skills workbook for autism and ADHD - Jennifer Kemp and Monique Mitchelson
- So, I'm autistic - Sarah O'Brien
- Self-Care for Autistic people - Dr Megan Anna Neff
- Is this Autism? A guide for clinicians and everyone else - Donna Henderson and Sarah Wayland
- The neurodivergent friendly workbook of DBT skills - Sonny Jane Wise
- The Autistic burnout workbook - Dr Megan Anna Neff
- Untypical - Pete Wharmby
- Divergent mind - Jenara Nerenberg
- How to ADHD - Jessica McCabe
- ADHD is Awesome - Penn and Kim Holderness



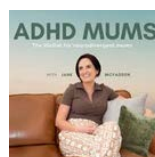
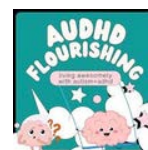
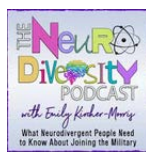
Books for children and young people

- The Brain Forest - Sandhya Menon
- The Rainbow Brain - Sandhya Menon
- All Brains are Different - Yellow Ladybugs
- Some Brains, a book celebrating neurodiversity - Nelly Thomas
- My Different Brain - Orlanda Bettison
- Just Right for You - Melanie Heyworth
- My Body, My Brain - Nicki Esler Gill
- Square me, round world - Chelsea Luker
- All My Stripes - Danielle Royer and Shaina Rudolph
- My Brain is a Race Car - Nell Harris
- A Different Sort of Normal - Abigail Balfe
- When my Brain is Messy - Tania Wieclaw
- Being Autistic and what that really means - Niamh Garvey
- Wonderfully Wired Brains - Louise Gooding
- My Amazing Autistic Brain - Emily Snape
- My Amazing ADHD Brain - Emily Snape
- Remarkable Remy - Melanie Heyworth



Podcasts

- The Neurodivergent Woman (lots of valuable information for all genders)
- The Neurodiversity Podcast with Emily Kircher-Morris
- A Different Brilliant
- Women & ADHD with Katy Weber
- Uniquely Human: The Podcast
- The Yellow Ladybugs Podcast
- Beautifully Complex with Penny Williams
- Beyond 6 Seconds Neurodiversity Stories
- AuDHD Flourishing
- ADDitude ADHD experts podcast
- Divergent Conversations
- inTune Pathways
- ADHD Women's Wellbeing Podcast
- ADHD Mums
- Two Sides of the Spectrum



Social Media

- @neurowild
- @neurodivergent_ally
- @livedexperienceeducator
- @play.learn.chat
- @onwardsandupwardspsych
- @neurodivergent_researcher
- @neuroclastic
- @neurodivergent_lou
- @neurokinection
- @theneurodivergentot
- @adhdoers
- @adhd_mums
- @authenticallyadhd
- @nutureadhd
- @adhdjesse
- @adhd_understood
- @additudemag
- @howtoadhd
- @amandamosespsychology
- @neurodivergent_insights
- @_kristyforbes
- @chloeshayden
- @autism_happy_place
- @brydencarlson_giving
- @learnplaythrive
- @audhd_therapist
- @elliemidds

