

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

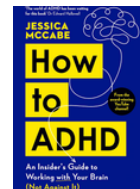
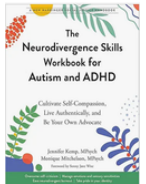
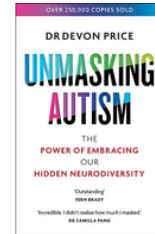
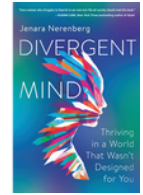
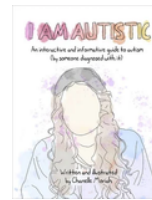
Websites

- **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/ 



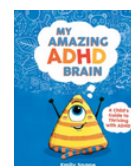
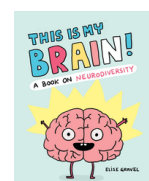
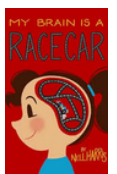
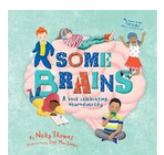
Books for adults

- 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
- Uniquely Human: A different way of seeing autism – Barry Prizant
- How to ADHD – Jessica McCabe
- ADHD is Awesome – Penn and Kim Holderness



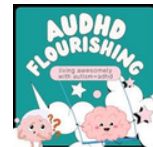
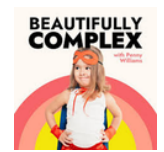
Books for children and young people

- The Brain Forest – Sandhya Menon
- The Rainbow Brain – Sandhya Menon
- All Brains are Different – Yellow Ladybugs
- Being Eve – NeuroWild
- 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
- This is my Brain! – Elise Gravel



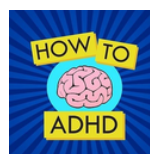
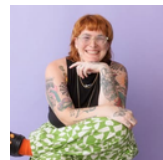
Podcasts

- The Neurodiversity Podcast with Emily Kircher-Morris
- Full-Tilt Parenting with Debbie Reber
- 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
- The Neurodivergent Woman (lots of valuable information for all genders)



Social Media

- @neurowild
- @neurodivergent_ally
- @livedexperienceeducator
- @play.learn.chat
- @onwardsandupwardspsyh
- @speechdude
- @neurodivergent_researcher
- @neuroclastic
- @neurodivergent_lou
- @neurokinection
- @theneurodivergentot
- @adhdoers
- @adhd_mums
- @authenticallyadhd
- @nutreadhd
- @adhdjesse
- @adhd_understood
- @neurodialectical
- @mariecamin



- @kelly_mahler
- @gregsantucci
- @additudemag
- @occuplaytional
- @howtoadhd
- @amandamosespsychology
- @neurodivergent_insights
- @_kristyforbes
- @chloeshayden
- @autism_happy_place
- @brydencarlson_giving
- @learnplaythrive
- @audhd_therapist
- @elliemidds
- @adhd_with_drjen
- @theotbutterfly
- @divergentlives
- @neuroinclusion.au

