

THE ASPIE WORLD

POST AUTISM DIAGNOSIS GUIDE

This is a general guideline created by Daniel M. Jones of the Aspie World, and is not an accredited clinical body for advice.

USEFUL LINKS

AUTISM

National Autistic Society: <http://www.autism.org.uk/>

The Aspie World: <http://www.TheAspieWorld.com/>

Action For Aspergers: <https://www.actionforaspergers.org/>

Autism Society: <http://www.autism-society.org/>

US Autism & Aspergers Association: <http://www.usautism.org/>

National Autistic Society AS: <https://www.autism.org.uk/about/what-is/asperger.aspx>

MENTAL WELLBEING

<http://www.glasgowsteps.com/>

<http://www.ccihealth.wa.gov/>

<http://www.mentalhealth.org.uk/>

<http://www.howdidiyousleep.org/>

<http://www.livinglifetothefull.com/>

www.mooodgym.anu.edu.au/

<http://www.bigwhitewall.com/>

USEFUL APPS

MENTAL HEALTH

Daylio: <https://daylio.webflow.io/>

Wunderlist: <https://www.wunderlist.com/>

Bring!: <https://web.getbring.com/>

Calm: <https://www.calm.com/>

Headspace: <https://www.headspace.com/headspace-meditation-app>



TO DO'S

- * Tell your friends and family about your diagnosis, as they will be an excellent support network.
- * Inform your work or school of your diagnosis to access support where needed.
- * Look for local community support groups for autism.
- * Look what government support and benefits are available in your country.
- * Make appointments for on going health care treatment.
- * Make appointment with your doctor to go over your diagnosis's report.



This simple guide is a good and effective way to help you reach maximum efficiency for ease after an autism diagnosis. Best of luck with your diagnosis!!!