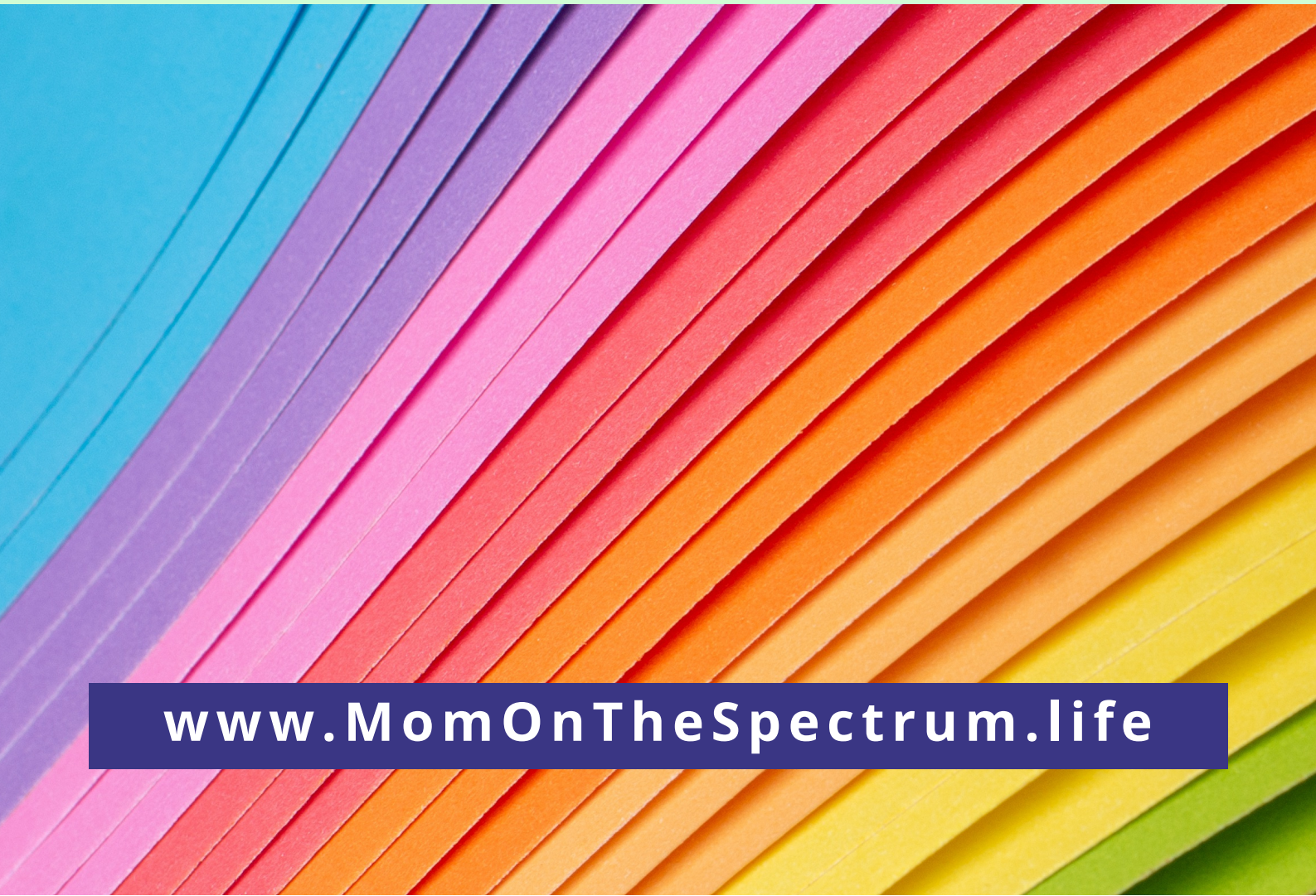
THE

BIG AUTISTIC RESOURCE GUIDE

July 2022 2nd Edition



www.MomOnTheSpectrum.life

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Hello!



As autistic adults, we know the best support for our community comes *from* our community. But it can be tricky to find these resources, especially if you're newly discovering your place on the spectrum. So, I created this guide as a convenient tool to help you access resources, connect with the community, and support autistic-owned businesses.

If you have a suggestion or want to be added to the BARG, please email the address below. I will work to keep the list up to date, but keep in mind that it may take some time for me to add new suggestions. I'm excited to see how this resource evolves alongside our community!

xo. Taylor

To submit a feature request, email details to submissions@momonthespectrum.life.
Please include URLs for suggested content.
There is no fee to be listed in the BARG.

MOM ON THE SPECTRUM @TAYLOR_HEATON_ @TAYLOR_HEATON_

WWW.MOMONTHESPECTRUM.LIFE

Autistic YouTubers

These autistic YouTubers (myself included!) share content on everything from special interests to daily life on the spectrum. There is always new content coming out on these channels to educate and support autistic individuals and the people in our lives.

- Amythest Schaber
- Aspergers from the Inside
- Autistic Alien
- Bri Booth
- Diniel Delaware
- Gemma's Journey Grace
- Hunter Hanson
- Joe Cox
- Mom on the Spectrum (Taylor Heaton)
- Neurodivergent Me
- Olivia Hops
- Orion Kelly
- Paige Layle
- Purple Ella
- Runaway Germ
- Tasselfairy
- The Aspie World
- Tyla Grant
- Woodshed Theory
- Yo Samdy Sam

It takes a lot of time and energy to keep this guide up-to-date. Please consider making a donation to ensure the BARG's longevity.

Autistic/Neurodivergent Social Media Content

This list includes #actuallyautistic accounts and accounts supporting people on the spectrum across Instagram, TikTok, Facebook, and LinkedIn.

- @21andsensory
- @2dadscandoit
- @aac.and.me
- @aaronisahouseplant
- @actually___alex
- @actuallyautisticalex
- @actuallyautisticalien
- @actuallyautistictiktoks
- @a_different_spectrum
- @afriendforlillybug
- @agonyautie
- @allthingssensorybyalissa
- @aluladogwear
- @amor_binders
- @aneurodivergentway
- @asiatu.coach
- @authentic.autistic_
- @autiblog
- @autie.analyst
- @autinelle
- @autism_sketches
- @autistic_amber
- @autisticblackgirl
- @autisticbookclub
- @autistic_callum_
- @autistic_therapist
- @autumns_road_2_discovery
- @batmoons
- @bohospeechie
- @bribooth2021
- @chloeshayden
- @divergent_design_studios
- @drawntoaac
- @drdevonprice
- @_ellawillis
- (cont. on next page)

- @embracingthespectrum
- @ethereal_autistic
- @fidgets.and.fries
- @frogs_feelings
- @gabeneuroqueer
- @galaxibrain
- @gemmasjourneygrace
- @graciellablooms
- @hickorynut.crafts
- @holisticautistic
- @iampayingattention
- @isabelladoautism
- @jezzchung
- @joe.cox27
- @justkeepstimming
- @_kristyforbes
- @leon.rose_
- @life.behind.a.mask
- @lifeinanautismworld
- @lifewithlyralab
- @livedexperienceeducator
- @megemikoart
- @mollys_adhd_mayhem
- @monalogue
- @morganharpernichols
- @motherhoodphasing
- @mrsspeechiep
- @mxdevin
- @myautisticsoul
- @nd.narratives
- @neuroclastic
- @neurocurioustherapist
- @neurodifferent
- @neurodiverletrasau
- @neurodivergent_lou
- @neurodivergentrebel
- @nicolegottesmann
- @nigh.functioning.autism
- @oliviahops
- @omgimautisticaf
- @orionkelly_australia
- @paigelayle
- @pixiesbigwhy
- @purpleellaandcoco
- @reberrabon_bon
- @sarahjmurr
- @sassy_autistic_advocate
- @sensoryhuman
- @_soundoftheforest_
- @softandfierceart
- @speechhiccups
- (cont. on next page)



- @speechologist
- @stims.and.stones
- @studiomucci
- @taylor_heaton_
- @the.aac.coach
- @thearticulateautistic
- @theaspieworld
- @theautisticlatina
- @theautisticlife
- @thebrooklynbruja
- @theexpertally
- @thefriendineverwanted
- @thenoirodivergent
- @thequeeradvocate
- @thespectrumgirl
- @veganluke
- @weareunmasked
- @women_have_autism_too
- @woodshed_theory
- @yosamdysam
- @autistic_curiosity
- @aspergirl
- @spectrumsportsnj
- @autismtn

Facebook Pages

- Awakened Neurodivergence
- For Dallas/FortWorth parents: AUsome Moms
- Autism Discussion Page: https://www.facebook.com/autismdiscussionpage/?fref=ts&ref=br_tf
- Autism Acceptance: https://www.facebook.com/PromoteAutismAcceptance/?fref=ts
- Asperger's Support Network: https://www.facebook.com/ASPERGERSSUPPORTNETWORK/
- Parenting Autistic Children with Love and Acceptance (used as a place to ask questions and receive advice from fellow parents, Autistic people, and Autistic parents): https://www.facebook.com/ParentingAutisticChildrenWithLoveAcceptanc
- Neurodiversity Chat Room: https://www.facebook.com/groups/2544851415637531/
- Neurodiversity Newstand: https://www.facebook.com/search/top/?q=neurodiversity%20newsstand&epa=SEARCH_BOX

TikTok Accounts

- @actually___alex
- @paigelayle
- @taylor_heaton_
- @thecreativenerdd
- @neurodivergentrebel
- @joe.cox90
- @soundoftheforest
- @orionkelly_australia

LinkedIn Accounts

Ellie Middleton
Mollie Pittaway

Autistic/Neurodivergent Businesses

Below you'll find autistic businesses to support and connect with across various industries.

- @byalexawilliam
- @inclusive_fitness_team
- @haniniskincare
- @intentionalteachingsolutions
- B.Wells Writing
- Pets Pizzazz
- Sophie Hines - sensory-friendly/gender-flexible undergarments
- Savor by Suzie - allergy-friendly snacks
- Desert Gem PC Repair

- Cost Plus Drugs (not a neurodivergent biz but could be very helpful for low cost prescriptions)

Autistic Products & Services

Here are some products that people in the autistic community have found supportive for navigating life on the spectrum. This list also includes products created by autistic individuals.

- Meltdown Survival Guide
- Mom on the Spectrum's Favorite Things for Sensory Overwhelm
- Flare earbuds for sensory overwhelm (affiliate link)
- Emergency Card (English, Spanish, Italian, Hungarian, German, French)
- Disney Disability Access Pass
- National Park Pass (Lifetime Access Pass is available for free for people with disabilities)
- Netherlands Emergency Card
- Mantras to Manage Imposter Syndrome

Autism Evaluations

It can be tricky to find a provider who understands how autism presents in adults, especially in women. Please help us add to this list by sharing other providers you've had positive experiences with. (submissions@momonthespectrum.life)

If you're seeking resources for autism self-assessment or booking an evaluation, start with the list below.

Online Tests

Embrace Autism

Autism Evaluations

- Spectrus Psychological
- Northern Colorado Assessment
- Embrace Autism

Websites

Here are some websites that are supportive of the autistic community.

- Embrace Autism: https://www.embrace-autism.com
- Mom on the Spectrum: https://www.momonthespectrum.life
- Neuroclastic: https://www.neuroclastic.com/
- Olivia Hops: https://oliviahops.org/
- Orion Kelly: https://orionkelly.com.au/
- Autism Self Advocacy Network (ASAN): https://autisticadvocacy.org/
- Thinking Person's Guide to Autism: http://www.thinkingautismguide.com/
- Wrong Planet: https://wrongplanet.net/

Online Autistic Communities

Autistic community is so important, and one of the best ways we can connect with each other is online. Here are some autistic communities to plug into no matter where you are in the world, from Discord servers to autistic subreddits.

Discord Communities

- ASDirect on Discord
- Autism Unmasked on Discord
- Spectroomz on Discord

Reddit Communities

- r/artisticspectrum
- r/AskAutism
- r/aspergers
- r/aspergirls
- r/AspieGirls
- r/aspiememes
- r/aspiepositivity
- r/autism
- r/AutismInWomen
- r/autismmemes
- r/AutismTranslated
- r/AutisticAdults
- r/AutisticPride
- r/AutisticWithADHD
- r/NDemployed
- r/NeurodivergentFitness
- r/neurodiversity
- r/QueerAspies
- r/SexOnTheSpectrum

Suggested Reading

This page contains affiliate links. As an Amazon affiliate, I earn a small commission off of qualifying purchases.

- Aspergers in Love by Maxine Aston
- I Think I Might Be Autistic by Cynthia Kim
- NeuroTribes by Steve Silberman
- The Other Half of Asperger Syndrome by Maxine Aston
- Brain Lock by Jeffrey M. Schwartz MD
- Who You Were Meant to Be by Dr. Lindsay Gibson PsyD.

Books by Autistic Authors (affiliate links)

- Autism in Heels by Jennifer O'Toole
- Divergent Mind by Jenara Nerenberg
- Odd Girl Out by Laura James
- Stim: An Autistic Anthology by Lizzie Huxley-Jones
- The Electricity of Every Living Thing by Katherine May
- Uncomfortable Labels: My Life as a Gay Autistic Trans Woman by Laura Kate Dale
- Unmasking Autism by Devon Price, PhD

Autistic Podcasts

For autistic companionship and insights while you're out and about, explore this list of podcasts created by autistic individuals.

- Not Neurotypical
- Orion Kelly
- Aspie World

Autism Resources for Parents

This is a list of autism resources for parents, whether you're a parent of autistic children, an autistic parent, or both.

- Asperger Experts
- The Asperkid's (Secret) Book of Social Rules by Jennifer Cook O' Toole (affiliate link)
- 7 Easy Ways to Motivate Someone with Aspergers by Asperger Experts (affiliate link)
- How "Autism Warrior Parents" Harm Autistic Kids - http://www.theestablishment.co/2016/09/22/how-autism-warrior-parents-harm-autistic-kids/
- Parenting Autistic Children with Love and Acceptance, official blog: http://autloveaccept.wordpress.com/
- Respectfully Connected - another parent-oriented blog: http://respectfullyconnected.com/
- We Are Like Your Child: http://wearelikeyourchild.blogspot.com/
- ABA thoughts https://abacontroversyautism.wordpress.com/?fbclid=IwAR3WXr66HISHZhGeeI7k1FoafRJrj60YgyLLpGGkIIYSPbJjAYFcIm03H6A

Resources for Autistic Professionals

Employment as an autistic person can come with many challenges. Here are some resources designed to help you navigate those challenges and feel better accommodated in the workplace.

- Spectroomz - helps autistic adults get work-from-home-jobs
- The Digital Picnic - company that employs NDs and advocates for helpful changes in the workplace
- Autism in the Workplace - support videos from Mom on the Spectrum

Mental Health Resources

This list includes resources created by autistic mental health professionals and those who specialize in supporting people on the spectrum.

- **Whitworth Stressometer** - Free written and audio relaxation exercises by autistic psychologist Dr. Pamela Whitworth, PhD
- **Stress Management Protocol** by Dr. Jennifer Williams, PhD

General Counseling

- Dina Yousef, PhD - https://www.dallasctc.com/denton
- Barbara Hokamp, PhD https://www.barbarahokampphd.com/
- Lotus Counseling in Flower Mound - https://www.lotus-counseling.com/meet-our-team
- Zane Dodd, PhD and associates at Chrysalis Center https://thechrysaliscenter.com/
- UNT Psychology Clinic - https://psychology.unt.edu/clinics-and-centers/psychology-clinic/contact

Neurodiversity Affirming Counseling

- Peace Psychology Center www.peacepsychologycenter.com
- Center for NueroPerformance Counseling www.cncflowermound.org
- Melvin Bellows www.roomforchange.info
- Sam Peters, LPC 214-761-6347
- Shelby Presteridge www.solissolutions.org
- Stephanie Womack, PhD www.assistpsych.com
- Jaci Varnell, LPC https://www.mymckinneycounselor.com/

LGBTQIA+ Affirming Counseling

- Aimee Tanos, LPC - https://www.aimeetanos.com/
- Lynn Ball, MA, LPC-A https://www.lotus-counseling.com/current-counseling-groups/found-family
- Beth Jackson, LMFT-A www.spectruspsych.com
- Stephanie Womack, PhD www.assistpsych.com
- Jaci Varnell, LPC https://www.mymckinneycounselor.com/
- Enedelia Sauceda, PhD https://www.drenedeliasauceda.com/

Couples Counseling

- Mindy Howard, LMFT-A www.convergecoupletherapy.com

Psychological Testing

- Stephanie Womack, PhD www.assistpsych.com
- UNT Psychology Clinic - https://psychology.unt.edu/clinics-and-centers/psychology-clinic/contact

Psychiatry

- Imran Khawaja, MD - www.MDTruCare.com
- Aketa Malhotra, MD - Apollo Psychiatry www.apollopsych.com
- Aaron Langford, Psychiatric Nurse Practitioner - https://advancedpsychiatrydfw.com/

Intensive Outpatient, Partial Hospitalization

- Connections Wellness Group - https://connectionswellnessgroup.com/
- Charis Behavioral Heealth - https://charisbh.com/

Inpatient Treatment and Crisis Evaluation

- Mesa Springs - https://mesasprings.com/
- Cook's Children's - https://www.cookchildrens.org/services/behavioral-health/specialty-programs/inpatient-care/

Addiction and Non-Addiction Treatment Services

- Sante Center for Healing - https://www.santecenter.com/

Occupational Therapy

- Amber Covington, OTR www.spectruspsych.com (neurodivergent adults)

Neurodiversity Financial Planning

- Planning Across the Spectrum www.planningacrossthespectrum.com

Neurodivergent Housing, Enrichment, and Day Program

29 Acres Living and Programs
https://29acres.org/programs/
connect@29acres.org
(214) 550-8831

Sex Ed Resource List from Crehan Lab

https://sites.tufts.edu/crehanlab/sex-ed-resource-list/

Crisis Resources

National Suicide Prevention Lifeline - 1-800-273-8255
SAMHSA's National Helpline - 1-800-662-HELP (4357)
Text Crisis Line - Text HOME to 741741 to connect
Veteran Crisis Hotline - 1-800-273-8255 then Press 1
Veteran Crisis Text Line - Text any message to 838255
LGBT TrevorLifeline - 1-866-488-7386
Trans Lifeline 877-565-8860
ID & Autism Support - Project Connect - 888-847-3209

Articles

- Important Works from Nick Walker's blog, Neurocosmopolitanism.com
- This is Autism (an almost poetic piece about the subjective experience of being autistic): http://neurocosmopolitanism.com/this-is-autism/
- Autism and the Pathology Paradigm: http://neurocosmopolitanism.com/autism-and-the-pathology-paradigm/
- Autism is not the neurotypical stereotype: https://aeon.co/essays/the-autistic-view-of-the-world-is-not-the-neurotypical-cliche
- https://blogs.psychcentral.com/aspie/author/tvance/
- Blog of Amy Sequenzia - Non Speaking Autistic Speaking: http://nonspeakingautisticspeaking.blogspot.com/
- Blog of Elizabeth (Ibby) Grace: Grace Notes (Ask an Autistic) http://tinygracenotes.blogspot.com/
- Experiences of Late Diagnosed Women (Journal Article): http://link.springer.com/article/10.1007/s10803-016-2872-8?wt_mc=Internal.Event.1.SEM.ArticleAuthorOnlineFirst
- Autistic Females: Hidden Too Long by Joel Schwartz (blog): https://www.linkedin.com/pulse/autistic-females-hidden-too-long-joel-schwartz

Videos

- Autism Explained - Fast Facts: https://www.youtube.com/watch?v=CaRdPYvWt48&feature=youtu.be&fbclid=IwAR18Ev4kBEtIg_fHhgpJrWqtwWwlEU4V7X-qurCwGMrw7GcJV9rswePUTq0
- Cartoon Character Arthur explains Aspergers: https://www.youtube.com/watch?v=s9eATBV-_Ig
- Nick Walker's Advice for Parents: https://www.youtube.com/watch?v=N6GnPgro5BY
- Nonverbal Autistic Woman, Carly Fleischman interviews Channing Tatum: https://www.youtube.com/channel/UCeKKQlMB1NeOLN31_CSJFRQ
- Ask an Autistic: https://www.youtube.com/watch?v=Vju1EbVVgP8&list=PLK6dftcRS54VBMiDNAaPk_cvLqTa1OgVW
- Spectrum the movie: https://vimeo.com/ondemand/spectrumthefilm
- 10 Inspirational Autistic people: https://www.youtube.com/watch?v=BoqnPZXLGVA
- Autistic ways of being: https://www.youtube.com/watch?time_continue=494&v=JnylM1hI2jc
- A validating and accepting message from Agony Autie: https://www.facebook.com/watch/?v=419856162201180

Interventions

- Floortime method: https://www.stanleygreenspan.com/about-floortime
- Relationship Development Intervention: www.RDIconnect.com
- Rapid Prompting Method: http://www.halo-soma.org/main.php?sess_id=33023562b3af775b50e66fa6486623a9
- SON-Rise - http://www.autismtreatmentcenter.org
- Autplay Method: https://autplaytherapy.com/

THE NEXT PAGES ARE

JUST FOR FUN

Print out any or all of the following templates to help you organize your day.

Daily Planner

CHECKLIST

TOP 3 TASKS TO FOCUS ON

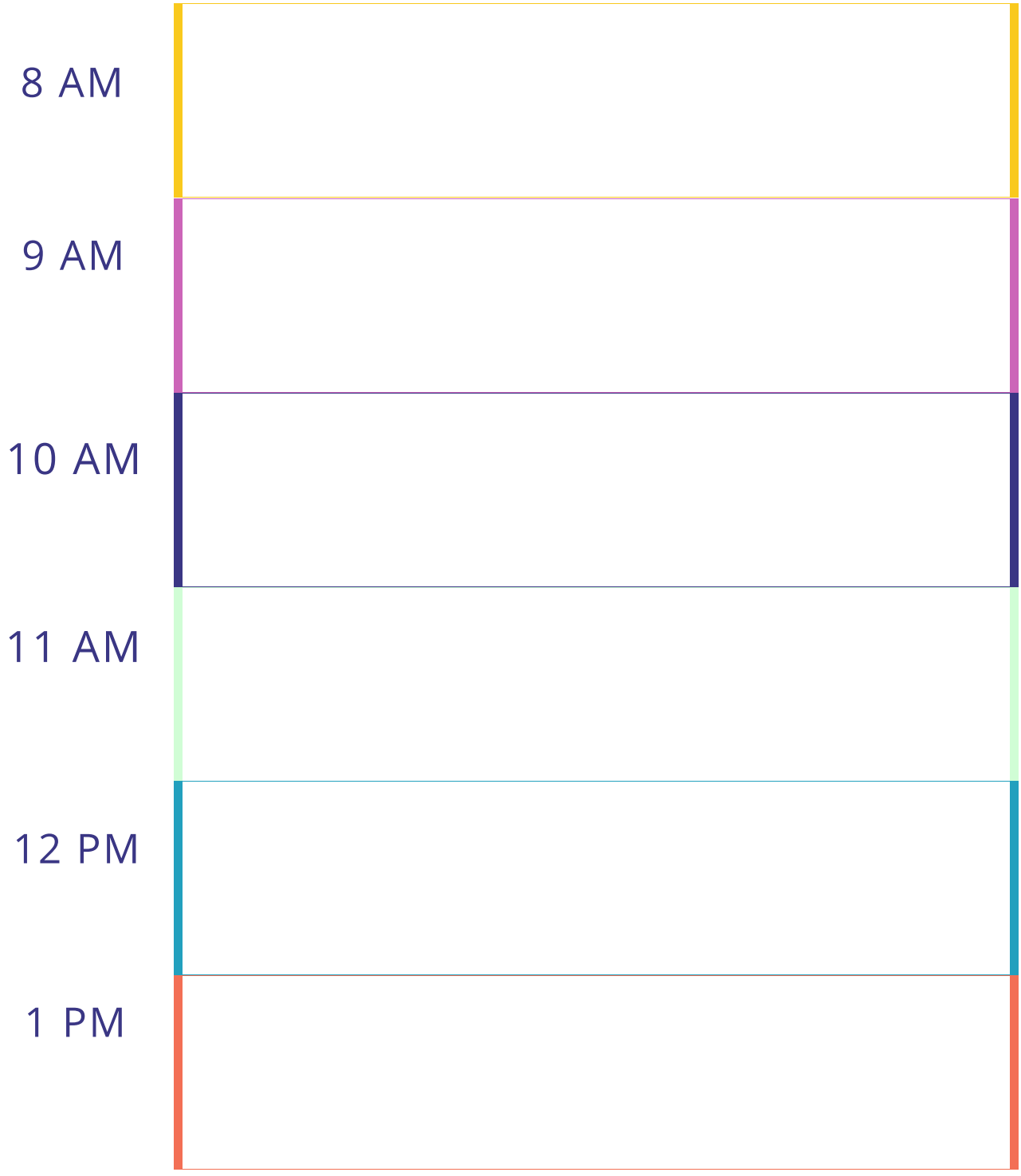
EXTRA INFO

SELF CARE PRIORITIES

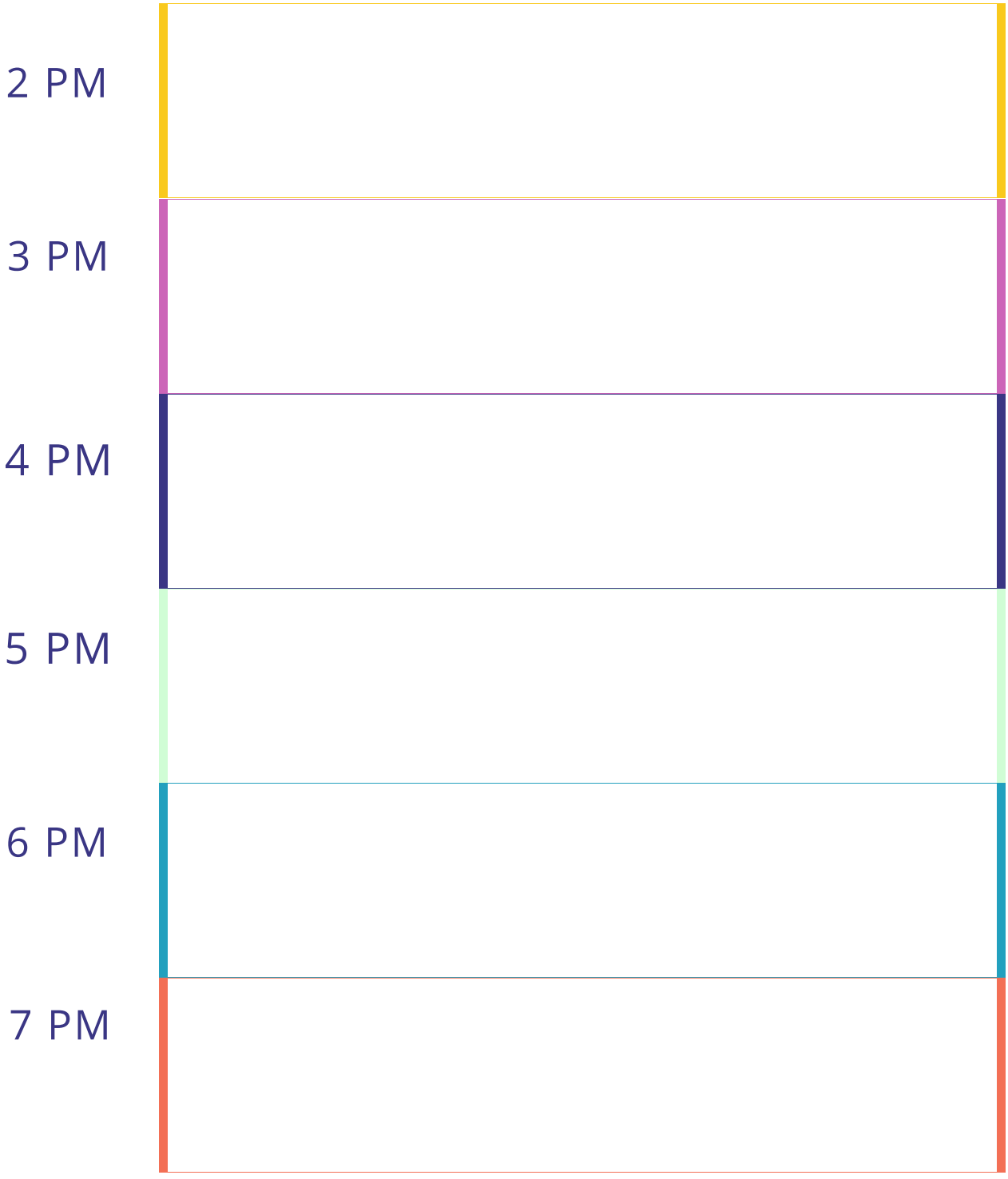
To-Do List

THING TO DO		COMPLETE

Daily Planner



Daily Planner



notes

Thank you!

I hope this list offers a place you can return to whenever you need support from the autistic community. Please **share this link** so more people can discover the amazing resources created *by* and *for* people on the spectrum. Thank you so much for your support—it helps me create more content to empower and celebrate autistic individuals!

xo, Taylor



It takes a lot of time and energy to keep this resource updated. Please consider donating to this project to keep it going!

DONATE

Special Thanks

A HUGE THANKS to Brandy Wells with B. Wells Writing for getting the Big Autistic Resource Guide started with her lovely copywriting and organizational skills! She made significant contributions to shape the guide into what you see here, including linking MANY list items to make them clickable from the PDF for your convenience.

Thank you, Brandy!

Check out her services on instagram @bwellswriting.



Disclaimer

Taylor Heaton is not a licensed psychologist nor specialist healthcare professional. Her services do not replace the care of psychologists or other healthcare professionals. Please note that Taylor can't take any responsibility for the results of your actions, nor any harm or damage you suffer as a result of the use, or non-use of the information available through her website, YouTube Channel, or the Big Autistic Resource Guide. Please use judgment and conduct due diligence before taking any action or implementing any plan or practice suggested or recommended by Taylor Heaton or Mom on the Spectrum. Please use judgment and conduct due diligence before contacting any business, reading any books, and/or purchasing products suggested or recommended by Taylor Heaton or Mom on the Spectrum. Please note that Taylor Heaton doesn't make any guarantees about the results of the information you may apply from her website, YouTube channel, and/or the Big Autistic Resource Guide. Taylor Heaton shares educational and informational resources that are intended to help you succeed in navigating life as an autistic adult. You nevertheless need to know that your outcome will be the result of your own efforts, your own particular situation, and innumerable other circumstances beyond Taylor Heaton's knowledge and control.

As an Amazon Associate Taylor Heaton earns from qualifying purchases.
As a Flare Affiliate Taylor Heaton earn from qualifying purchases.

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Submissions

To submit a feature request, email details to **submissions@momonthespectrum.life.** Please include URLs for suggested content. There is no fee to be listed in the BARG.

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