

4. Mental Health and Wellbeing

Self identity and acceptance

National Autistic Society

A video series exploring the impact of diagnosis on teenagers and their identity

[Resources for autistic teenagers \(video series\)](#)

A downloadable guide and workbook exploring understanding yourself as an autistic individual

[National Autistic Society Know Yourself series \(downloadable guide\)](#)



Autistic fatigue and burnout:

A website created by Spectrum Gaming and written by neurodivergent people. Includes realistic advice about all aspects of Autism including burnout, masking, self harm and 'meltdowns' or shutdowns.

[Struggling as an autistic person - Autism Understood](#)

Advice for what to do if you are experiencing autistic fatigue/ burnout. Includes sections for young people, parents/ carers and professionals

[Autistic fatigue and burnout](#)

SOLAR

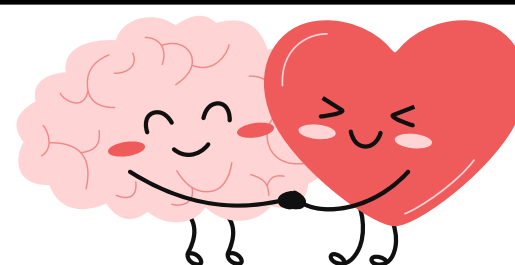
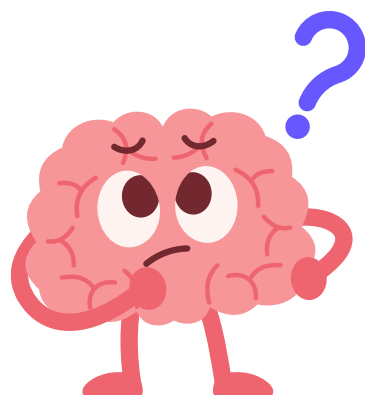
SOLAR website, includes links for other local mental health support including Healthy Minds which you can self refer to from age 16.

<https://www.bsmhft.nhs.uk/our-services/solar/>

Anna Freud

Anna Freud have developed a great selection of ideas for young people to look after their self care and mental health:

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>



National Autistic Society

Contains useful links including what to do in a crisis situation and helplines

<https://www.autism.org.uk/advice-and-guidance/mental-health/seeking-help>

Dr Naomi Fisher

Dr Naomi Fisher offers resources related to autism and anxiety and other aspects of emotional wellbeing.

<https://naomifisher.co.uk/courses/categories/autism/>