

List of resources on neurodiversity

August 2026



Live your life

Contents

Here follows a growing list of initial signposting details. This may be a first steps resource for people who may seek ongoing support post-diagnosis.

This list is for neurodivergent adults and children.

As it currently stands, the list is heavily orientated towards autistic adults, without learning disabilities. As such, it is better to choose the relevant resources from the list. Please share those details with people for whom the contacts may be useful, as handing out the whole list may not be relevant to the individual concerned.

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1. Information about diagnosis



For under 19s

<https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/assessment-and-diagnosis-of-autism-what-to-expect>

Includes a quick guide about autism diagnosis and what to expect.

<https://www.nice.org.uk/Media/Default/About/NICE-Communities/Social-care/quick-guides/Autism-in-U19s-quick-guide.pdf>

For all

NHS

<https://www.nhs.uk/conditions/autism/newly-diagnosed/>

Supportive information and first steps on learning of an autism diagnosis.

National Autistic Society

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis>



2. Organisations: information and support



Attention deficit hyperactivity disorder (ADHD)

National Attention Deficit Disorder Information and Support Service

Information and resources about ADHD.

ADHD UK

<https://adhduk.co.uk>

Useful information, resources and research.

Autism

Ambitious about Autism

<https://www.ambitiousaboutautism.org.uk>

From their website:

We stand with autistic children and young people, champion their rights and create opportunities. We run specialist education services, an award-winning employment programme, and children and young people are at the heart of our charity's decision-making, policy work and campaigning.

We also use our expertise to deliver training and consultancy to a wide range of organisations to improve awareness and understanding of autism.

Autism Aware UK – AAUK

<https://autismaware.co.uk>

Offers information and support to families. They help raise funds to assist autistic children in schools.

<https://www.aspens.org.uk/autism-central-south-east-hub>

This is peer family support.

From the website above:

Autism Central peer education programme.

Covering Sussex, Kent, Surrey, Hampshire/IOW, Berkshire, Buckinghamshire and Oxfordshire.

Aspens is the regional hub for the South East for Autism Central. This is a new programme, providing high-quality and accessible autism information, education and coaching for families and carers, which is co-delivered by autistic people, families and carers. Autism Central has been commissioned by NHS England's workforce, training and education team and is delivered nationally by nine not-for-profit organisations.

Emotion Dysregulation Autism (E-DA)

<https://emotiondysregautism.org>

Email: info@emotiondysregautism

Mental health charity for autistic young people.

National Autistic Society (NAS)

<https://www.autism.org.uk>

NAS Surrey Family Support

(<https://nassurreybranch.org>)

Tel: 01483 521 743

NAS Social Groups (ASSIST)

(<https://www.assistlondon@nas.org.uk>)

Offers monthly social groups and monthly women's groups in Surrey. These are online and face-to-face.

Tel: 0208 962 3018

Autism Central South East Hub

Room One: a one stop support service for autistic

2. Organisations: information and support



people in Portsmouth (PO1-6)

Room One
Charles Dickens Centre
Lake Road
PO1 6HH

Email: RoomOne@portsmouthcc.gov.uk

Phone: 07553 607 473

Dyslexia

For information and support:

British Dyslexia Association (BDA)

<https://www.bdadyslexia.org.uk>

<https://www.dyslexia-help.org>

<https://www.madebydyslexia.org>

Dyscalculia

Information and resources:

Dyscalculia Association

<http://www.dyscalculiaassociation.uk>

To promote awareness and understanding of dyscalculia and maths learning challenges.

Dyscalculia Centre

<https://www.dyscalculia.me.uk>



3. Specific topics

(see end of this document for information on general reading)



Masking:

<https://www.autism.org.uk/advice-and-guidance/professional-practice/autistic-masking>

<https://www.psychologytoday.com/gb/blog/women-autism-spectrum-disorder/202104/masking-and-mental-health-in-women-autism>

Burnout

<https://www.autism.org.uk/advice-and-guidance/professional-practice/autistic-burnout>

Hypermobility

<https://www.bps.org.uk/psychologist/connective-issues>

Synaesthesia

<https://www.bps.org.uk/research-digest/i-have-translate-colours>



4.

Mental health support when it gets very tough



Respond

<https://respond.org.uk>

Helpline: 020 7383 0700

Email: admin:respond.org.uk

Charity offering support to people with a learning disability or autism, who've experienced abuse, trauma or violence.

SHOUT (support for suicidal thoughts)

Text SHOUT to 85258

<https://giveusashout.org>

Offers confidential 24/7 support to people in crisis and in need of immediate help.

Mind (about autism and mental health)

<https://www.mind.org.uk/information-support/tips-for-everyday-living/autism-and-mental-health/>

5.

Tech support



Support apps for anxiety and overwhelm

<https://www.autistic.org.uk/molehill-mountain>

<https://www.braininhand.co.uk>

Tech help (e.g. reminders)

To do list reminders/scheduling apps (e.g. Todoist, Trello)

Aids: to help with reading and writing

- Text to speech software (e.g. Captivoice.com)
- Speech to text software (e.g. Google Docs Voice Typing, Apple Dictation)

<https://grammarly.com>

Free website blocking distractions from social media/phone notifications/applications

<https://getcoldturkey.com>

White noise/ambient noise apps (and websites)

<https://coffitivity.com>

<https://focusatwill.com>

Note taking apps (notes function on phone)

6. Advocacy and peer support



ActuallyAutistic

<https://autism-advocacy.co.uk>

[#ActuallyAutistic](#)

Aims to help with understanding and providing positive experiences through increasing awareness, advocacy, consultation, training, content and copywriting.

Society for Neurodiversity (S4Nd)

<https://www.s4nd.org>

Promoting greater understanding in society regarding neuroinclusivity.

Neurodiverse Self Advocacy (NDSA) forum

<https://ndsa.uk>

Online, non-profit voluntary peer support group and advocacy forum, led by neurodivergent individuals.

Also offers mentoring scheme for work.

Email: toolup@ndsa.uk

ADHD UK

<https://adhduk.co.uk>

Charity providing online resources, podcasts, support groups and research.



7. Work and employment



Government support: work

<https://www.gov.uk/access-to-work>

From the website:

What Access to Work is:

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

The support you get will depend on your needs. Through Access to Work, you can apply for:

- a grant to help pay for practical support with your work
- support with managing your mental health at work
- money to pay for communication support at job interviews

Chartered Institute of Personnel and Development (CIPD)

<https://www.cipd.org/uk/topics/neurodiversity/>

Resources and leadership about employment and neuroinclusion at work.

Advisory, Conciliation and Arbitration Service (ACAS)

<https://acas.org.uk>

Helpline on employment issues: 0300 123 1100

Supporting individuals and employers in the workplace. Resources and advice on adjustments, discrimination and supporting mental health at work.

Equality Advisory and Support Service (EASS)

<https://equalityandadvice.service.com>

Helpline: 0808 800 0082

Offers advice on issues relating to equality and human rights (England, Scotland and Wales), including guidance for disabled people.



8. Benefits

Contact your local Citizen's Advice.



<https://www.disability-grants.org>

This is an online generic directory referred to by The National Autistic Society. It lists information on grants schemes available for disability in general, for children, adults, carers and families. It includes information on mobility, housing and holiday support.

Local Supported Employment (LSE)

This is a government initiative to support autistic adults into work. Surrey County Council is one of the councils taking part in using Department for Work and Pensions (DWP) funding for this initiative. (<https://gov.uk>). Search 'adult autism'.

Disability Rights UK

enquiries@disabilityrightsuk.org

Tel: 0330 995 0400

Offers support to disabled and/or neurodivergent students or trainees.



9. Coaching



List of ADHD trained coaches

<https://aadduk.org/helpsupport/coaches>

10.

Independent organisations offering support at work



Employability

<https://www.employ-ability.org.uk>

Email: info@employability.org.uk

Tel: 07852 764 684

Supporting individuals, education establishments and employers.

Uptimize

<https://uptimize.com>

Equality, diversity and inclusion at work through neurodiversity training, consulting and resources.

Exceptional Individuals

<https://exceptionalindividuals.com/about-us/>

From the website:

We provide neurodiversity consulting, recruitment and employment support to employers and individuals with dyslexia, dyspraxia, ADHD and autism.

Office address: Exceptional Individuals, Theatre Deli - Deli Studios, 2 Finsbury Ave, London, EC2M 2PA.

Email address: admin@exceptionalindividuals.com

Telephone number: 0208 133 6046

Lady Rebel Club

<https://ladyrebelclub.com>

To help women in business and entrepreneurs, who are neurodivergent or disabled.

Thriving Autistic

<https://www.thrivingautistic.org>

Social enterprise to improve the welfare of autistic and neurodivergent people. Provides resources (for example, to help at work).

Scope – equality for disabled people

<https://www.scope.org.uk>

Tel: 0808 800 3333

Email: helpline@scope.org.uk

Their career pathways service offers independent careers advice to people who are aged 15 to 25 years, living in London/Leeds and who have conditions that may be disabling.

Stonewall

<https://www.stonewall.org.uk>

Support for LGBTQ+ communities.

Advocating for inclusive workplaces, centres of education, information and resources.

11.

Housing



Discuss with local council. It may be helpful to suggest the Local Government Association (LGA) document, 'Housing for people with a learning disability or autistic people', available on <https://www.local.gov.uk>; and the 'Factbook: home ownership for people with long-term disabilities (HOLD)' published by LGA and the directors of adult social services (ADASS).

Real Life Options

<https://reallifeoptions.org>

Tel: 01977 781800

Charity supporting people with learning disabilities, autism and age-related needs to have more choice in life. Resources, supported living and residential care.

United Response

<https://www.unitedresponse.org.uk>

Tel: 0208 016 5678

Email: info@unitedresponse.org.uk

Charity covering England and Wales. Offers support to people with learning disabilities, autism, acquired brain injury, sensory impairments and mental health needs. Support with housing, supported/day-to-day living, education, activities and employment.

12.

Law and policy



UK

The Equality Act (2010)

<https://www.legislation.gov.uk>

Autism is classed as a lifelong disability under the act. Section 15 of the act requires public services and the workplace to protect people with a disability (including autism) from discrimination.

The Autism Act (2009)

<https://www.legislation.gov.uk>

<https://commonslibrary.parliament.uk>

The act requires the government to regularly review the adult autism strategy. The most current strategy is:

- The national strategy for autistic children, young people and adults: 2021 to 2026
- Guidance has been written for statutory services such as the NHS and local authorities to improve outcomes for people with autism

<https://www.gov.uk/government/publications/national-strategy-for-autistic-children-young-people-and-adults-2021-to-2026/the-national-strategy-for-autistic-children-young-people-and-adults-2021-to-2026>

Northern Ireland

<https://www.health-ni.gov.uk/publications/autism-strategy-2023-2028>

Scotland

https://www.scottishautism.org/sites/default/files/strategic_plan_summary_2019-2024_1-compressed.pdf

Wales

<https://www.gov.wales/sites/default/files/publications/2019-03/refreshed-autistic-spectrum-disorder-strategic-action-plan.pdf>

Local

SURREY COUNTY COUNCIL: All age autism strategy

<https://www.surreycc.gov.uk/community/autism/all-age-strategy>

From the website:

Learning disability and autism hub.

All-Age Autism Strategy 2021 to 2026.

Surrey's All-Age Autism Strategy 2021 to 2026 aims to improve the lives of the estimated 12,300 autistic people living in Surrey, by breaking down barriers and inequalities that autistic children, young people and adults face in education, health, social care, work and communities. The strategy was developed by a partnership of autistic people, their families and carers, and professionals from across Surrey's service system. Together they have set out an autism friendly vision for Surrey, where autistic people can lead healthy, safe and fulfilling lives. The strategy will be delivered by committed partners across Surrey to improve understanding of autism and support more accessible and joined-up public services.



13. Travel



British Airways

<https://www.britishairways.com/content/information/disability-assistance/assistance-available>

*Accessibility team: 0800 408 1100
(Mon-Sat: 8am-6pm)*

Offers a visual guide for autistic people.

Heathrow, Terminal 5, Zone A – dedicated assistance.

14.

Sport and leisure



Neurodiverse sport

Consultation and education with individuals, team and businesses regarding the benefits of neuroinclusion and performance in sport.

Neurodiversity events and social groups in London

Meetup

<https://meetup.com>

Approach local council about facilities that offer times for low sensory activities (for example, gyms and cinemas).

Eventbrite

<https://www.eventbrite.co.uk>

Advertises a series of events on neurodiversity. Social and educational.

AllEvents.in

<https://allevents.in>

Offers a list of social, neurodivergent friendly networking and informative events in London.

The National Autistic Society

<https://www.autism.org.uk>

Various social autism friendly, and fundraising events (for example, half marathon in London).



15.

General reading



General

Aherne, D. (2023). A Pocket Guide to Neurodiversity. London: Jessica Kingsley Publishers

Written by a London social worker with a view to raising awareness and in the workplace.

Nerenberg, J. (2021). Divergent Mind: Thriving in a world that wasn't designed for you. London. HarperOne

Price, D. (2022). Unmasking Autism: The power of embracing our hidden neurodiversity. London. Monoray

Safran, S., Sprich, S., Perlman, C., and Otto, W. (2017). Mastering Your Adult ADHD. New York: Oxford University Press

A cognitive behavioural therapy (CBT) approach.

Wise, S.J. (2022). The Neurodivergent Friendly Workbook of DBT Skills. Lived Experience Educator

Adaptation to dialectical behaviour therapy (DBT) skills worksheets. Does not include interpersonal effectiveness module.

Wharmby, P. (2022). Untypical: How the world isn't built for autistic people and what we should all do about it. London. Mudlark

Online magazines offering information and inspiration

<https://www.additudemag.com>

All things ADHD is the primary focus.

<https://www.autistica.org.uk>

Research and networks impacting autism. Includes: 'Our 2030 Goals'

TED Talks

There are a number of informative, and inspirational short talks.

Google: TED Talk- autism or google: TED Talks - neurodivergent

For example, talks include:

On autism

Rosie King - 'How autism freed me to be myself'

Temple Grandin - 'The world needs all kinds of minds'

On ADHD

Stephen Tonti - 'ADHD as a difference in cognition, not a disorder'

16.

Priory's services



Private autism assessments and diagnosis

Priory offers private autism assessments for children and adults who are showing signs of autism, with waiting times that are significantly shorter than the national average.

Our autism assessments are conducted by either a qualified psychiatrist, psychologist or therapist, all of whom are experts, and specifically trained in the field of autism diagnosis and support.

Following the autism assessment, we'll provide people with a comprehensive outcome report, based on NHS and National Institute for Health and Care Excellence (NICE) standards. The entire end-to-end process for our private autism assessment usually takes between 4 to 6 weeks.

Our offering at a glance:

- Assessments conducted by experts specifically trained in autism
- Autism assessment available from £2,222
- Discussion of next steps and additional support if required
- No formal GP referral necessary

Find out more here: <https://www.priorygroup.com/autism/autism-assessments>

Adult autism psychological support pathway

Priory offers an autism psychological support pathway, designed for people over the age of 18 who have been diagnosed with autism. This 12-week programme provides post-diagnostic information, awareness and ongoing support. People don't need to have received an autism diagnosis from Priory in order to access the programme.

The full course costs £1,250 for people who didn't receive their autism diagnosis from Priory and £1,150 for those who did. The course is available on an outpatient basis at Priory Hospital Woking, Priory Hospital Woodbourne and Priory Wellbeing Centre Manchester.

16.

Priory's services



Coaching for parents of children with ADHD

At Priory Hospital Hayes Grove, we offer online family support groups, tailored for parents of children aged 5 to 14 with ADHD. These groups provide support, advice, and guidance on communication skills, helping parents to better understand and assist their children.

ADHD assessments for young people and adults

At Priory Hospital Chelmsford, we offer fast access to private ADHD assessments and diagnoses for young people and adults who are showing signs of ADHD. These are delivered by our specialist psychiatrists, who are experts in the field.

Following the assessment, clients will receive a comprehensive report which follows NICE guidelines. These may be needed so that children with ADHD can receive additional support at school.

Our ADHD assessments are available for £1,250 for children, and £1,028 for adults. We offer significantly shorter waiting times than the national average, with diagnosis within 4-6 weeks.

Find out more here: <https://www.priorygroup.com/adhd/private-adhd-assessments>

Adult ADHD pathway

The Adult ADHD Social Skills Pathway is a 12-week post-diagnostic programme at Priory Hospital Barnt Green, which combines group and individual sessions to help adults understand ADHD and develop practical strategies for managing its impact.

It focuses on emotional regulation, motivation, planning and organisation, self-acceptance, and building confidence through psychoeducation, skills development, and peer support.

The pathway costs £1,250 for people who did not receive their ADHD assessment and diagnosis with Priory (as these people will need to go through our suitability assessment), and £1,150 for people who did receive their ADHD diagnosis with Priory. It is available on a self-pay basis, and we also offer payment plans, if required.

For more information, please contact

Barnt Green on **0121 289 6733**

or by emailing **BarntGreen@priorygroup.com**.