



## Adult Self-care for Relationships levels 4-6 Autism and ADHD

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These resources are to help people with difficulties in relationships.

These resources are aimed at those with Autism and ADHD. Please also look at the **Adult Self-care for Relationships levels 4-6** for further resources.

Click the link below to jump to these resources.

Local Support

National Support

Apps

Video and Audio

Reading

The resources are suggestions only and you can choose the most suitable materials for you. Most of these are free resources but you might have to pay a small amount for some (e.g. apps and books).

For the most comprehensive range of resources for your overall mental health and wellbeing, we recommend that you rate all Dimensions available.

### Emergency Support

If you feel that it would be helpful to talk to somebody about how you are feeling, you can call these helplines:

**Mental Health Matters: 0800 616171** (from landline) / **0300 330 5487** (from mobiles)

**Samaritans: 116 123**

**NHS Helpline: 111**

If you need further help for your mental health, you can visit your G.P.

If you have significant concerns about your or somebody else's mental health and feel you need to speak to a mental health professional, please contact the Mental Health Access Hub and select option 1: Freephone **08081 966798**.

## Local Support

*You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.*

### **Mind (Coventry & Warwickshire)**

**Community Adult Autism Support Service (CAASS)** online groups. Email to ask for information or to book an appointment.

☎ 024 7771 4545

✉ [caass@cwmind.org.uk](mailto:caass@cwmind.org.uk)

💻 [cwmind.org.uk/adult-autism-support](http://cwmind.org.uk/adult-autism-support)

**Autism West Midlands** has information and advice about autism, including before and after diagnosis. They have a helpline email and community advice sessions.

☎ 0121 450 7575

✉ [info@autismwestmidlands.org.uk](mailto:info@autismwestmidlands.org.uk)

💻 [www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

## National Support

*You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.*

**The Den** is a website for young adults with Autism. It has lots of tips on making friends and developing a range of social skills.

💻 [www.autismeducationtrust.org.uk/the-den](http://www.autismeducationtrust.org.uk/the-den)

**ADDitude** provides advice, resources and support. It has a section for adults with ADHD who struggle with disorganisation, getting things done, relationship problems and focus.

💻 [www.additudemag.com](http://www.additudemag.com)

**Autism Hangout** is a website with videos of conversations between site founder Craig Evans and Dr. Tony Attwood. Dr. Attwood answers questions that are submitted by members of Autism Hangout. The site is dedicated to fielding questions and addressing issues about "successfully living with the challenges and gifts of Asperger's".

💻 [www.autismhangout.com](http://www.autismhangout.com)

**Autistic Inertia** is a blog by a PhD student at the University of Manchester that provides research and thoughts on why autistic people get stuck.

💻 [autisticinertia.com](http://autisticinertia.com)

**Wrong Planet** is an online community designed for individuals with Autism, ADHD and other neurological differences.

💻 [www.wrongplanet.net](http://www.wrongplanet.net)

**Autistically Allied** is a blog and further resources by Jeanne Holverstott. It includes details of an online women's group.

💻 [spectrumofautism.com](http://spectrumofautism.com)

**Autisticcook** is a blog by a woman with autism who talks about various issues.

🖥️ [autisticcook.wordpress.com](http://autisticcook.wordpress.com)

**Musings of an Aspie** is a blog written by Cynthia Kim, a woman with Autism. Her website has some useful information about specific issues common to Autism, such as person's ability to process information, skills such as organizing, planning, paying attention, parenthood and adult diagnosis.

🖥️ [musingsofanaspie.com](http://musingsofanaspie.com)

**The National Autistic Society** has information and advice about all aspects of everyday life for autistic people and their carers, and information for professionals. They have a helpline, an email service and a large directory of advice and guidance information about issues such as family life, relationships, employment, education and mental health. Helpline 10am - 3pm, Monday - Friday.

☎️ 0808 800 4104

✉️ [www.autism.org.uk/what-we-do/contact-us/online-enquiry-form](http://www.autism.org.uk/what-we-do/contact-us/online-enquiry-form)

🖥️ [www.autism.org.uk](http://www.autism.org.uk)

🖥️ Making Friends [www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/making-friends/autistic-adults](http://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/making-friends/autistic-adults)

## Videos and Audio

*You may find the videos/podcasts below useful. Podcasts can be download using the podcast app on smart phones. In some cases there may be costs involved, so before you purchase make sure that you check for costs and ensure the podcast is suitable for you. Please note: these have been produced by external organisations and may feature adverts, over which we have no control.*

**Autism Hangout** (dotcom) is a YouTube channel focused on autism. There are many videos of Tony Attwood, an autism expert, talking about various issues.

▶️ [www.youtube.com/user/autismhangout](http://www.youtube.com/user/autismhangout)

**Invisible** is a YouTube channel by a woman with Asperger's Syndrome and Fibromyalgia. She posts videos about her lifestyle and how Autism affects her.

▶️ [www.youtube.com/invisiblei](http://www.youtube.com/invisiblei)

**The PEERS** website contains a number of videos designed to help people develop their skills in initiating, maintaining and ending conversations, handling disagreements/conflict, assertiveness, etc.

▶️ [routledgetextbooks.com/textbooks/9781138238718/videos.php](http://routledgetextbooks.com/textbooks/9781138238718/videos.php)

**Yo Samdy Sam** has Autism and provides video blog with a focus on understanding the experiences of a person with Autism.

▶️ [yosamdysam.com/videos](http://yosamdysam.com/videos)

**How Do You Cope?** Elis and John talk to TV presenter Chris Packham about how he copes living with Autism and how it's impacted his life. The interview with Chris Packham begins at 9 minutes, 50 seconds.

▶️ [www.bbc.co.uk/programmes/p08xv9d5](http://www.bbc.co.uk/programmes/p08xv9d5)

## Apps

*We have not found useful apps yet. If you know of any, please let us know through our website.*

<https://dimensions.covwarkpt.nhs.uk/ContactUs.aspx>

## Reading

*Below are some links for further reading which you may find useful. These links are not the only place where you can find these books, but they do include reviews so please read them to help you decide if they will be useful to you. You may also find these books in libraries, online or in second-hand bookstores.*

- ❑ **ADDitude magazine** has an article which gives advice on friendships for people with ADHD.  
[www.additudemag.com/socializing-made-simple](http://www.additudemag.com/socializing-made-simple)
- ❑ [Asperger's Syndrome and Social Relationships by G. Edmonds and L. Beardon \(2008\)](#) Adults with Asperger's Syndrome (AS) discuss social relationships, offer advice and support for others with AS and provide insights into AS perspectives for those working and interacting with them.
- ❑ [Asperger's in Love: Couple Relationships and Family Affairs by Maxine Aston \(2003\)](#) This book compares and contrasts both Asperger's Syndrome (AS) and non-AS partners' viewpoints and examines the fundamental aspects of relationships that are often complicated by the disorder.
- ❑ [Aspergersfromtheinside.com](#) Paul Micallef received his diagnosis of Autism at the age of 30. He says: "This blog is intended to share insights into my mind that would never be visible from the outside."
- ❑ [Aspergirls: Empowering Females with Asperger Syndrome by Rudy Simone \(2010\)](#) This book covers many aspects of Asperger's Syndrome (Autism) as experienced by girls and women.
- ❑ [The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism by Temple Grandin and Sean Barron \(2005\)](#) Written by two people with Autism who are now well known, this book is focused on social relationships.
- ❑ [awnnetwork.org/wp-content/uploads/2019/05/AWNNetworkWelcomeautisticadultspacket.pdf](#) **Autistic Women and Nonbinary Network (USA)** has information and resources for newly diagnosed or recognised Autistic women and nonbinary individuals.
- ❑ [Been There. Done that. Try This!: An Aspie's Guide to Life on Earth by Tony Attwood \(2014\)](#) Advice from people with Asperger's Syndrome (Autism) with Dr. Tony Attwood, psychologist rounding up each chapter with professional analysis and recommendations.
- ❑ [Coping: A Survival Guide for People with Asperger's Syndrome by Marc Segar \(1997\) \(the-eye.eu\)](#) This is a personal view of Asperger's Syndrome (Autism) and how to address some of the problems it posed for author Marc Segar.
- ❑ [I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults By Cynthia Kim \(2013\)](#) This author is a woman diagnosed in her late 40s and she talks about adjustment to a diagnosis in middle age.

- ❑ [Making sense of sex: A forthright guide to sex, puberty and relationships for people with Asperger's Syndrome by Sarah Attwood](#). This is a good book with information about relationships and sex that would suit people who need very clear information. It might be useful to people of any age and to people without Autism who find it harder to 'read' other people.
  
- ❑ [The Science of Making Friends: Helping Socially Challenged Teens and Young Adults by Elizabeth Laugeson and John Elder Robison](#) This book aims to help socially challenged young adults and teens to make and keep friends. It is based on UCLA's PEERS programme - an evidence-based approach.
  
- ❑ [Coping: A Survival Guide for People with Asperger Syndrome by Marc Segar \(1997\) \(the-eye.eu\)](#) is a personal view of Asperger's Syndrome (autism) and how to address some of the problems it posed for him.
  
- ❑ [Pretending to be Normal: Living with Asperger's Syndrome by Liane Holliday Willey \(1999\)](#) Liane Holliday Willey writes about her journey to a diagnosis of autism, parenthood and family life.
  
- ❑ [Safety Skills for Asperger Women](#) Liane Holliday Willey explores the daily pitfalls that females with Asperger Syndrome may face, and suggests practical and helpful ways of overcoming them.
  
- ❑ [The Complete Guide to Asperger's Syndrome by Tony Attwood \(2008\)](#) This is a comprehensive text book about Asperger's Syndrome.
  
- ❑ **Reading Well** has books that are recommended by health experts, as well as people with lived experience of the conditions. [reading-well.org.uk/books/books-on-prescription/mental-health](https://reading-well.org.uk/books/books-on-prescription/mental-health)

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***Please note that Coventry and Warwickshire Partnership NHS Trust is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading we link to in this document and do not necessarily endorse the views expressed within them.***

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