



Neurodiversity Resource List

Compiled by Ayla Ault, LCSW, of Ault Holistic Therapy, LLC. If you'd like to suggest an addition to this list, please email info@aultholistictherapy.com.

(Please note, [Ault Holistic Therapy](#) does not necessarily endorse information on this list, or ensure that all information shared or linked below is accurate or will be helpful. These are supplied to you for your use at your own discretion.)

List of Lists

ADHD Resources: <https://www.embracethemuchness.com/adhdresources>

Resources for Neurodiverse Couples: <https://www.neurodiverselove.com/>

Huge collection of Adult ADHD and Autism Resources:

<https://therapyforpetpeople.com/resources-for-neurodivergence>

Neurodiverse Relationship Library: <https://www.lauriebmore.com/neurodiversitylibrary.html>

Wide list of Neurodiversity Resources: <https://www.anchorcreekspeech.com/resources>

Crisis Support and Suicide Prevention for Autistics: <https://www.autismcrisisupport.com/resources>

Podcasts

List of Podcasts: <https://www.isthisautism.com/podcasts>

Divergent Conversations: <https://www.divergentpod.com/>

Special topics

- Meltdown Support:

<https://thinkingautismguide.com/2022/12/trauma-clashes-staying-calm-during-meltdowns.html>

Autism in Women: <https://neurodivergentinsights.com/autism-infographics/autism-and-women>

Grief and Autism: <https://www.autismandgrief.org/>

Navigating Healthcare Resources:

- <https://www.thrivingautistic.org/healthcare/>
- <https://researchautism.org/healthcaretoolkit/patientssupporters/>



Useful Websites

ND Infographics, blogs, and workbooks: <https://neurodivergentinsights.com/>

Screeners and Tests: <https://embrace-autism.com/>

Groups

<https://www.divergentpathscounseling.com/autistic-therapy-groups>

Social Connection Group: <https://www.diapason.us/groups>

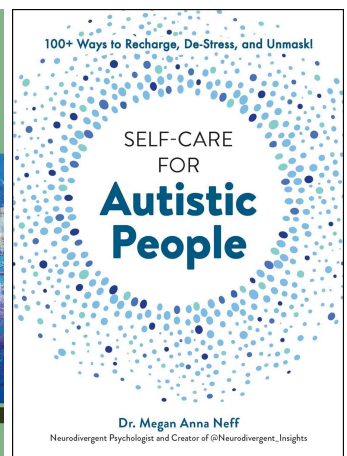
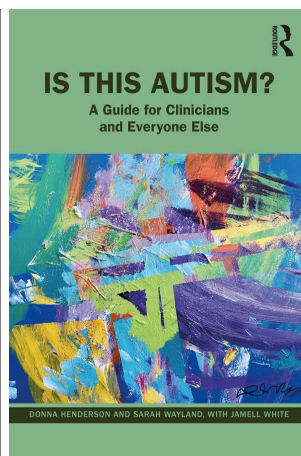
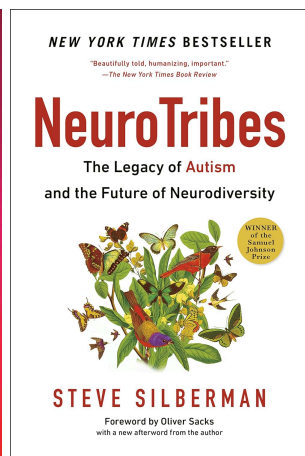
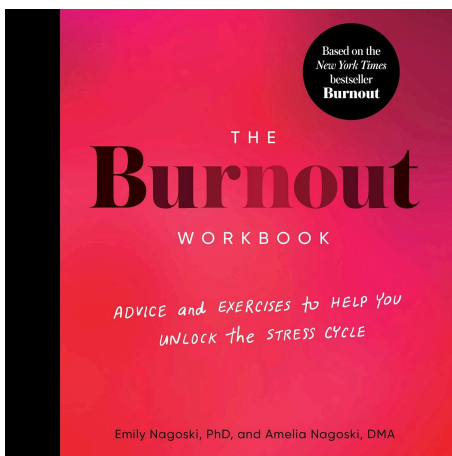
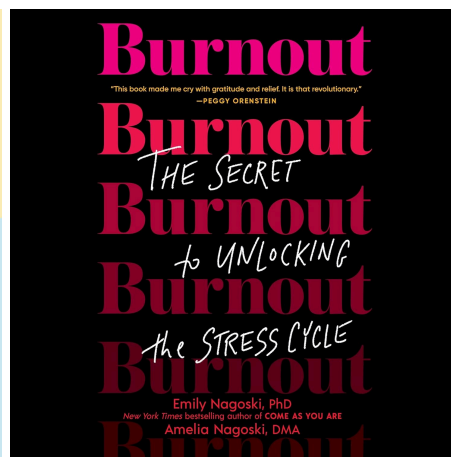
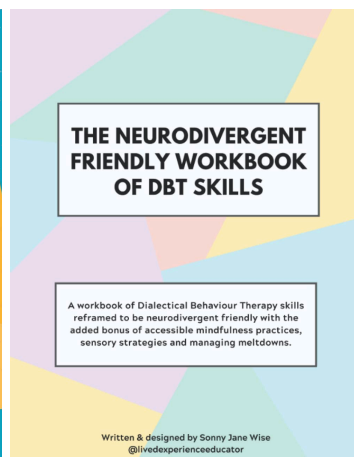
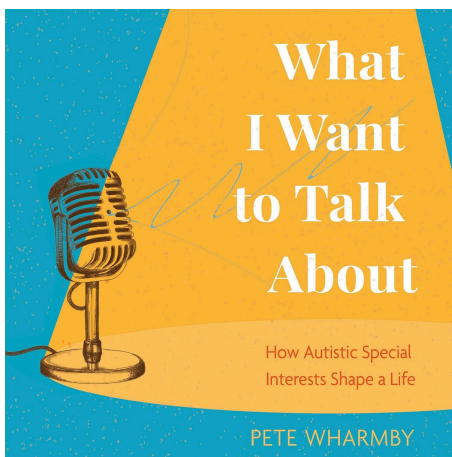
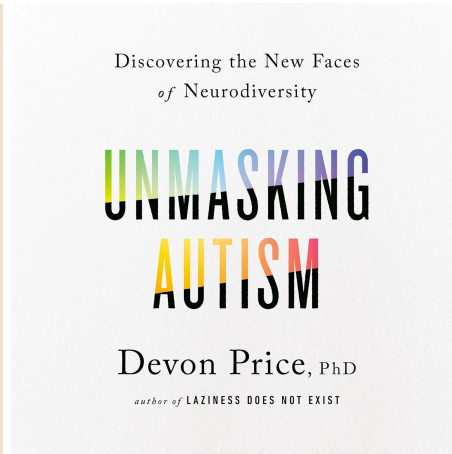
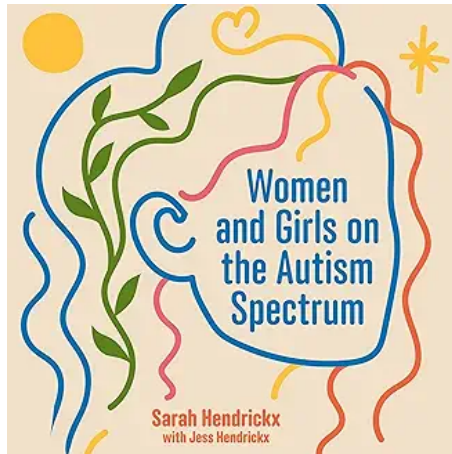
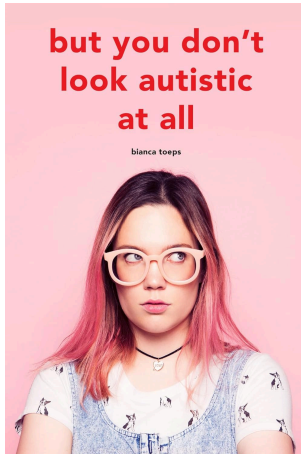
Programs

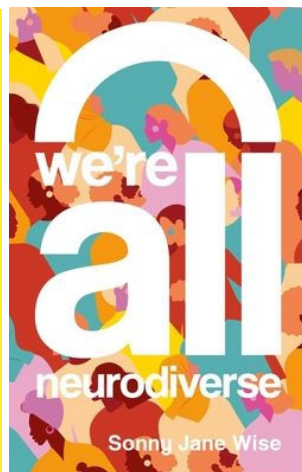
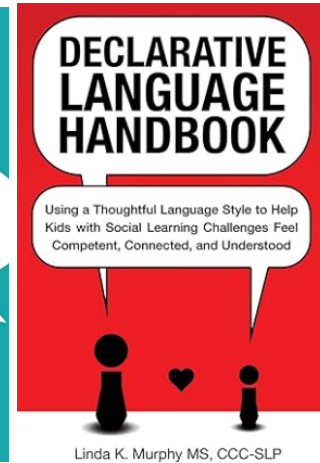
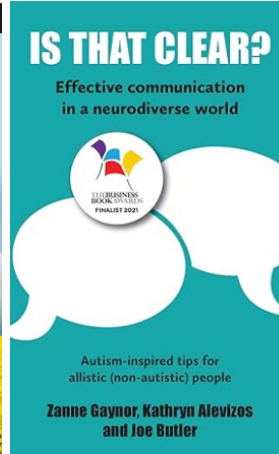
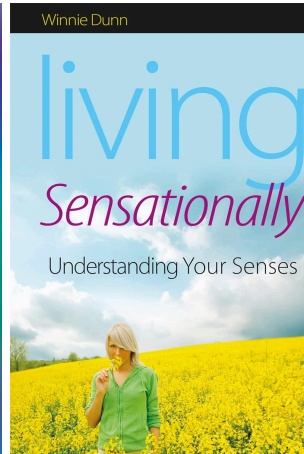
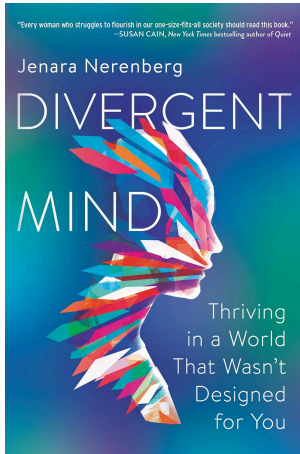
Skill building and employment programs for Autistic Teens and Young Adults: <https://revelinlife.org/>

Supportive Employment: <https://spectrumo.com/se/>

Books

- *Click on photo to follow link*
- *Disclosure: I am an affiliate of Bookshop.org and I will earn a commission if you click through and make a purchase.*





Youtube

https://www.youtube.com/watch?v=UxTjfrPDa6c&ab_channel=LuaHarmsen

<https://youtu.be/A1AUdaH-EPM?si=MTW195VCPQhOaluS>

<https://youtu.be/Tbes1mm2VgM?si=WFEJA04xBDUfz25U>

<https://youtu.be/NwEH9Ui4HV8?si=-EVcogD5pgU5nzb>

<https://www.youtube.com/@WoodshedTheory>

<https://www.youtube.com/@amelianp>

<https://www.youtube.com/@autismfromtheInside>

<https://www.youtube.com/@YoSamdySam>

Sensory Aids



[Loop Quiet 2 Earplugs](#) (most noise-reducing)

[Loop Engage Earplugs](#) (less noise-reducing)

[Flare Calmer](#) (earplug alternative)