

## Websites you may find helpful

*A few trusted places for information, support and connection. Visit whichever feel right for you, whenever you're ready.*

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### Local to Derbyshire

#### **Derbyshire Autism Services**

[derbyshireautismservices.org](http://derbyshireautismservices.org)

A Derbyshire charity offering information, advice and support to children, young people and adults, with or without a diagnosis, and their families.

#### **Derbyshire Autism Empowerment, Support and Education**

[derbyshireautismese.co.uk](http://derbyshireautismese.co.uk)

Free one to one support and group courses for autistic adults aged 16 and over, whether diagnosed, waiting or self identifying. Designed by autistic people.

#### **Derbyshire County Council autism page**

[derbyshire.gov.uk](http://derbyshire.gov.uk)

Local services in one place, including the free Autism Information and Advice Service and its drop in events.

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### Autism

#### **National Autistic Society**

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

The UK's leading autism charity, with clear guidance on diagnosis, daily life and your rights.

#### **Autistica**

[autistica.org.uk](http://autistica.org.uk)

The UK's autism research charity, sharing practical, evidence based information.

#### **Autism Central**

[autismcentral.nhs.uk](http://autismcentral.nhs.uk)

A free NHS funded programme for families and supporters of autistic people, with peer support, events and resources.

#### **PDA Society**

[pdasociety.org.uk](http://pdasociety.org.uk)

Information and support around Pathological Demand Avoidance, often described as a persistent drive for autonomy.

#### **Monotropism.org**

[monotropism.org](http://monotropism.org)

A gentle introduction to monotropism, a way of understanding autistic attention that many late diagnosed people find explains a great deal.

#### **Autistic Realms**

[autisticrealms.com](http://autisticrealms.com)

Warm, affirming resources on monotropism, burnout and masking from Helen Edgar, who is late identified autistic herself.

## **Embrace Autism**

[embrace-autism.com](https://embrace-autism.com)

Free self reflection questionnaires, including ones on masking. A gentle note: these can be a helpful starting point, but they are not a diagnosis. You may wish to try them when you have some space to sit with what comes up.

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## **ADHD**

### **ADHD UK**

[adhduk.co.uk](https://adhduk.co.uk)

A charity created by and for people with ADHD, with clear information on ADHD and assessment.

### **ADHD Foundation**

[adhd.foundation.org.uk](https://adhd.foundation.org.uk)

A UK neurodiversity charity with information and resources for adults and families.

### **AADD-UK**

[aadduk.org](https://aadduk.org)

Information and peer support specifically for adults with ADHD.

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## **Across neurodivergence**

### **Neurodivergent Insights**

[neurodivergentinsights.com](https://neurodivergentinsights.com)

Gentle, visual guides on burnout, masking and more from Dr Megan Anna Neff.

### **Sonny Jane Wise**

[livedexperienceeducator.com](https://livedexperienceeducator.com)

Colourful, accessible visual resources from the author of The Neurodivergent Friendly Workbook of DBT Skills.

### **The Hidden 20%**

[hidden20.org](https://hidden20.org)

A UK charity sharing stories, science and honest conversations about neurodivergence.

### **Access to Work**

[gov.uk/access-to-work](https://gov.uk/access-to-work)

Government support that can help with adjustments and support in the workplace.

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## **If you need support now**

### **Derbyshire Mental Health Helpline**

Call NHS 111 and choose option 2

Free support, day or night, for anyone living in or visiting Derbyshire.

### **Samaritans**

Call 116 123

A safe place to talk, any time, about whatever is on your mind.

### **Shout**

Text SHOUT to 85258

A free, confidential text service, available day and night.

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*We share these as starting points rather than recommendations. Please go gently and trust your own sense of what fits.*