

Resources* related to autistic mental health and suicide



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**resources are UK-centric, though some are available online to international audiences*

Resources related to autistic mental health and suicide:

- If you're someone who experiences suicidal thoughts, [Mental Health Autism's safety plan](#) is worth completing when you're feeling calm and relatively OK. You will then have it ready at times of crisis.
- Mental Health Autism have collected [stories from autistic people](#) who have struggled with suicidal thoughts.
- You may like to look at the blogs and resources of [Lisa Morgan, an autistic suicide survivor and consultant](#). She also writes a column in Spectrum Women – here is her article on [PTSD](#), for example.
- [Spectrum Women](#) have written a lot of articles, many around mental health.



- Many of us struggle to cope with overwhelming emotions. This resource for autistic people aims to help people learn [emotion management skills](#) to improve their mental health and wellbeing.

Resources related to autistic mental health and suicide:

- The [National Autistic Society's advice, guidance and resources](#) page on mental health, including advice around seeking-help. Here is their [directory](#), where you can find autism-friendly professionals.
- We know that mental health is linked to things going on in your life, such as housing or legal issues. The National Autistic Society have [advice on a whole range of issues](#), and [this page](#) advertises their different services.
- Autistica have pages on common mental health difficulties like [anxiety](#) and [depression](#), as well as [suicide](#) and [self-injury](#). They also produced [mental health advice for autistic people](#).
- [Mind](#) have a page for autistic people
- [Ambitious about Autism's](#) page on self-regulation



- The National Autistic Society have a [page on burnout](#), with lots of links to useful content. There's a [short video](#) on the same topic from Spectrum Women.

Crisis helplines and resources


(not autism-specific):

- Samaritans can be called at any time on 116 123. Their [page here](#) gives you some other ways of contacting them if you are having suicidal thoughts.
- [Rethink Mental Illness](#) have a crisis factsheet to help people who are feeling suicidal
- Mind have a [crisis pipeline and resources](#)
- [Shout crisis textline](#) can be contacted by texting 85258 – they have created [this page specifically for autistic people](#) to show how the service works. They also have a lot of [online information and advice](#).




- Online support forums at [Suicide Stop](#) and [Mind](#)

Resources related to self-harm (not autism-specific):

- [National Self-Harm Network](#) – a friendly forum where you can connect with others for support.
 - [LifeSigns](#) – lots of advice around preventing self-harm and/or reducing the severity and consequences. Packed full of information and stories.
 - [Self-Injury Support](#) is also packed full of information and resources – ignore the sign saying it's for women and girls!
 - Some people find the [CalmHalm app](#) helpful.
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- If you are under age 20, you might benefit from [Alumina](#)

For professionals: resources related to autistic mental health and suicide

- [Warning signs for suicide in autistic people](#) – a fantastic guide by researchers, clinicians and autistic experts. See [here](#) for a talk by the authors, demonstrating example scenarios.
 - [Identifying crisis in autistic people](#) - a range of resources for professionals, created by Lisa Morgan, autistic expert by experience.
 - Sue Wilgoss's (National Suicide Prevention Alliance) [talk and slides](#) on suicide prevention
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- [Mental Health Autism's guide for doctors](#) includes tools for assessing suicide risk and depression (*note: not clinically validated*).

For professionals: resources related to autistic mental health and suicide

- Professional [guide to fatigue and burnout](#)
- Dr Rachel Moseley's [research on suicidality](#)
- Emotion dysregulation is a major source of psychopathology for autistic people. Here is a [toolkit aimed at helping autistic people](#).
- With researchers and autistic people, Dr Moseley contributed to some policy [recommendations for suicide prevention](#)



- [Autistica's guide for professionals supporting autistic people through crisis](#): pitched at young people, but relevant to many.

Please see Dr Moseley's website
for these and other resources

www.scienceonthespectrum.net

If you would like to give feedback on this
PDF of resources, please leave a message
on my 'Get in touch' page. I'd love to hear
from you!

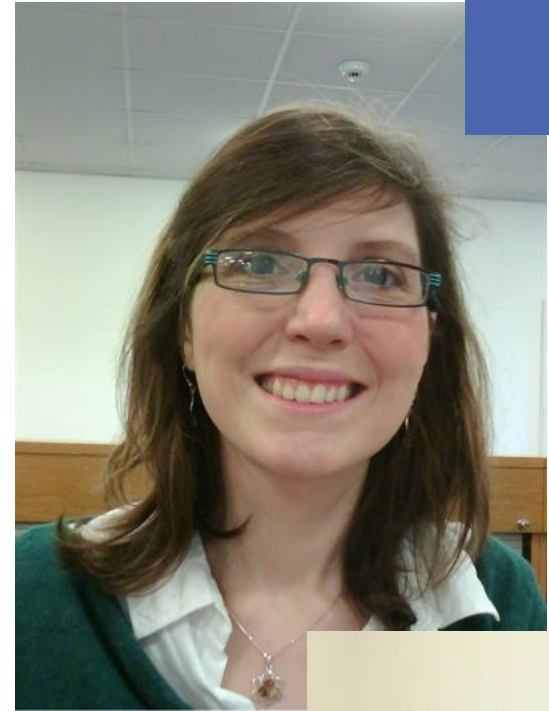


About me:

I am a principal academic in Psychology (PhD Cognitive Neuroscience), based at Bournemouth University.

With a number of amazing collaborators, I conduct research on issues facing autistic people in adulthood. These include mental health, self-injury and suicidality, but also lifespan transition points like menopause, and other areas. I am also a late-diagnosed autistic person.

Please note that unfortunately, while I am a psychologist, I am not the kind that treats or diagnoses people. While I will always try to share what information and resources I'm aware of, I am afraid that I am not able to provide individual diagnostic assessment or mental health support.



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Personal page with accessible versions of my research and resources:

www.scienceonthespectrum.net

