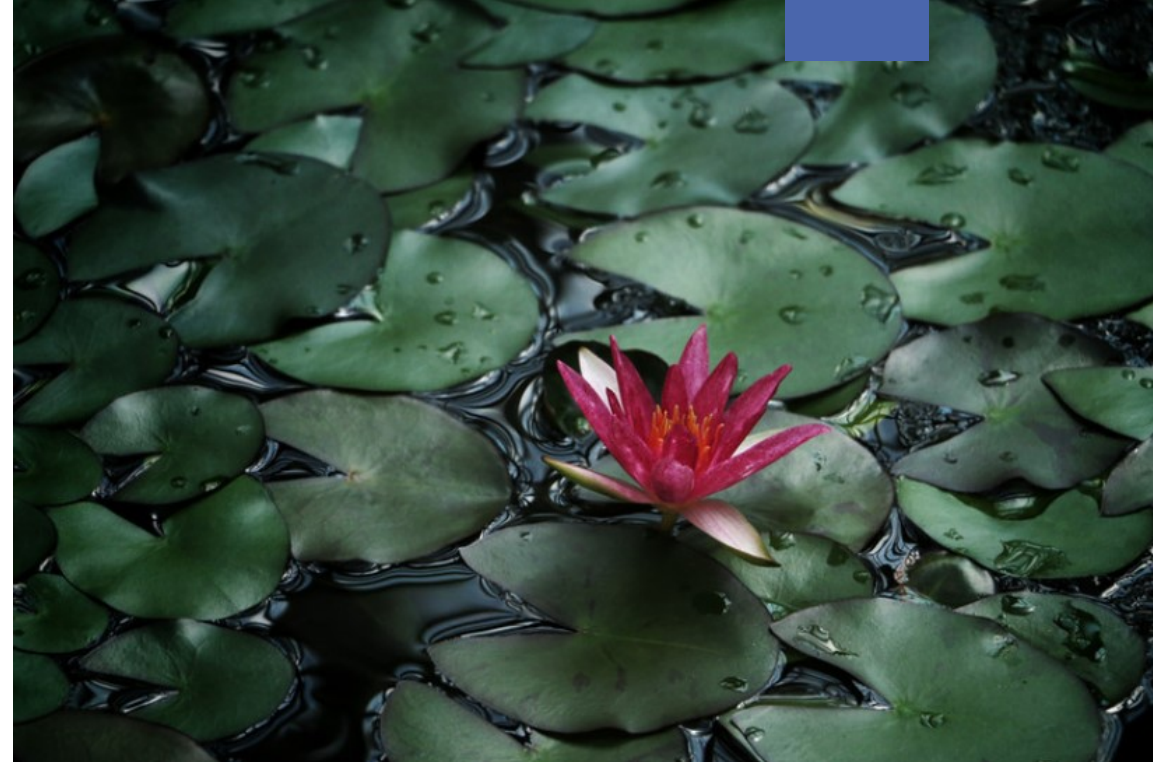


Resources related to mental health and suicide – for autistic people



Collated by Dr Rachel Moseley

**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.

Resources related to autistic mental health and suicide:

- Reasons for living don't need to be lofty – it might just be that there is an animal you love, or a task you want to complete. Just finding the one thing can help in the moment. Here is a [resource](#) for finding reasons to stay, created by Lisa Morgan.
- [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.



- 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](#)

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](#)

**Resources related to mental
health and suicide – for
professionals and supporters of
autistic people**



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

For professionals and supporters of autistic people

- [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



- [Mental Health Autism's guide for doctors](#) includes tools for assessing suicide risk and depression (*note: not clinically validated*).

For professionals and supporters of autistic people

- Safety planning: presently the only crisis intervention with some evidence-base in autistic people. [Guide to creating a safety plan with an autistic person.](#)
- [Reasons for living](#): a resource created by Lisa Morgan (not evidence-based). Help someone you support think about reasons to stay.



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

For professionals and supporters of autistic people

- 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](#).
- A [toolkit](#) to help young people understand and explain their emotional state.
- With researchers and autistic people, Dr Moseley contributed to some policy [recommendations for suicide prevention](#)



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!



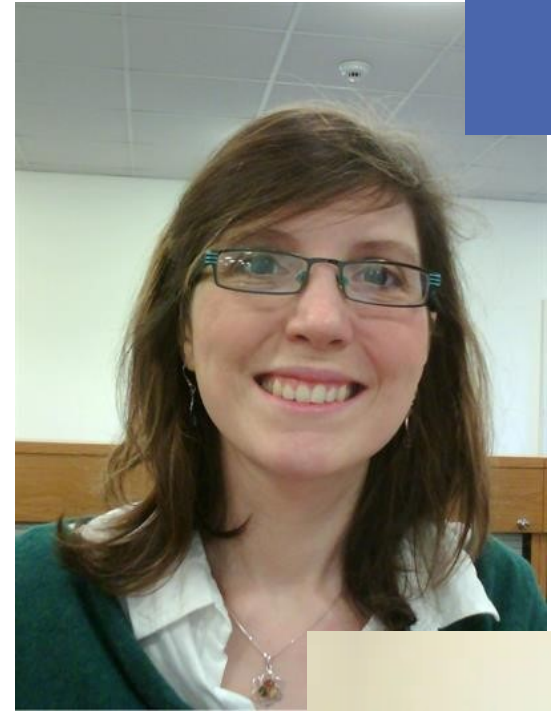
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About me:

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

