**Autism: resources and links**

Please note that the University of Leeds is not responsible for external content.

**Websites and forums**

* Information about diagnosis: <https://www.autism.org.uk/advice-and-guidance/topics/diagnosis>
* Online autistic communities: <http://www.wrongplanet.net/> and <http://www.aspiescentral.com/forum.php>
* A website created by and for autistic university students: <http://www.users.dircon.co.uk/~cns/>
* Thinking Person’s Guide to Autism: <http://www.thinkingautismguide.com/>

**Books**

# [I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults](http://www.amazon.co.uk/dp/0989597113), Cynthia Kim

* [*Nerdy, Shy and Socially Inappropriate: A User Guide to an Asperger Life*,](https://www.amazon.co.uk/Nerdy-Shy-Socially-Inappropriate-Asperger/dp/1849057575) Cynthia Kim
* [*Uniquely Human, A Different Way of Seeing Autism*](https://www.amazon.co.uk/dp/1788164024/ref=cm_sw_em_r_mt_dp_U_amXfEbJZXVVQM)*,* Barry M. Prizant and Tom Fields-Meyer
* [*Neurotribes: The Legacy of Autism and How to Think Smarter About People of Think Differently*](https://www.amazon.co.uk/dp/B01N2W270Y/ref=cm_sw_em_r_mt_dp_U_5dXfEbMNZZQRA)*,* Steve Silberman
* [*Drama Queen: One Autistic Woman and a Life of Unhelpful Labels*](https://www.amazon.co.uk/Drama-Queen-Autistic-Unhelpful-Labels-ebook/dp/B08M9SQDHP), Sara Gibbs
* [*We're Not Broken: Changing the Autism Conversation*](•%09https:/www.amazon.co.uk/Were-Not-Broken-Changing-Conversation/dp/1328587843/ref=sr_1_1?crid=37YE0DQHFDL0L&keywords=we%27re+not+broken&qid=1642675710&sprefix=were+not+broken%2Caps%2C64&sr=8-1), Eric Garcia

**Articles**

(See also <https://drive.google.com/drive/folders/0B395JHpKmuz9VUt2U1IwQ0pfa0U> which is regularly updated with articles)

* *I just found out I’m autistic. What do I do now?*, Chris Bonnello <http://autisticnotweird.com/just-found-out/>
* *Welcome to the Autistic Community – Handbook*, Autistic Self-Advocacy Network (ASAN) <https://autisticadvocacy.org/book/welcome-to-the-autistic-community/>
* *Inclusive autistic traits*, Jay Avery <https://autisticality.com/2016/03/21/inclusive-autistic-traits/comment-page-1/#comment-1116>
* *How it feels to be diagnosed with autism later in life*, Michael Richards, <https://theconversation.com/how-it-feels-to-be-diagnosed-with-autism-later-in-life-92633>

**Blogs and Vlogs**

* The Autistic Advocate (Kieran Rose): <https://theautisticadvocate.com/blog/>
* Pete Wharmby: <https://petewharmby.com/petes-blog/>
* Ann Memmott: <http://annsautism.blogspot.com/>
* Autistic Science Person: <https://autisticscienceperson.com/for-adults-new-to-autism/>
* Autistic Not Weird (Chris Bonnello): <https://autisticnotweird.com/all/>
* Aspergers from the Inside: blog at <https://aspergersfromtheinside.com/>, YouTube channel at <https://www.youtube.com/channel/UC-FpBZR7DbpvNj5UrFN8qUA>
* Everyday Aspergers: <https://www.facebook.com/everydayaspergers/?fref=ts>
* Life with Aspergers: <http://life-with-aspergers.blogspot.co.uk/>
* Musings of an Aspie: <https://musingsofanaspie.com/>
* Neurowonderful: blog at <http://neurowonderful.tumblr.com/>, YouTube channel at <https://www.youtube.com/user/neurowonderful>
* Autisicality: <https://autisticality.com/>
* YoSamdySam: <https://yosamdysam.com/>

You can also find a list of blogs by autistic people at <https://anautismobserver.wordpress.com/>.

**Twitter**

Follow and use the hashtags [#ActuallyAutistic](https://twitter.com/search?q=%23ActuallyAutistic&src=tyah) and [#AskingAutistics](https://twitter.com/hashtag/AskingAutistics?src=hash). Suggested accounts to follow (the University of Leeds is not responsible for external content):

[Pete Wharmby](https://twitter.com/commaficionado)

[AutisticSciencePerson](https://twitter.com/AutSciPerson)

[NeurodivergentRebel](https://twitter.com/NeuroRebel)

[Thinking Person’s Guide to Autism](https://twitter.com/thinkingautism)

[AgonyAutie](https://twitter.com/AgonyAutie)

[TheAutisticAdvocate](https://twitter.com/KieranRose7)

[Autist Making Way](https://twitter.com/AutistMakingWay)

[Erin Ekins](https://twitter.com/QueerlyAutistic)

[Ann Memmott PGC](https://twitter.com/AnnMemmott)

[Autistictic](https://twitter.com/autistictic)

[Emily](https://twitter.com/ItsEmilyKaty)

You may also wish to join or follow the [Leeds University Union Neurodivergent Society](https://www.luu.org.uk/clubs-and-societies/browse-clubs-and-societies/neurodivergent-society/)