
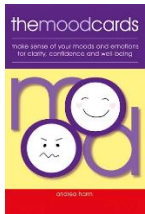
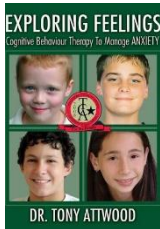
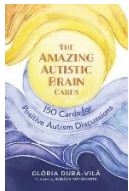


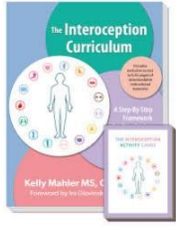
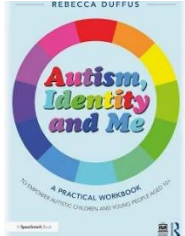
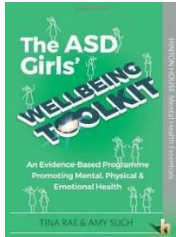
SEMH SPOTLIGHT – Autistic Girls and Mental Health

This spotlight accompanies the Warwickshire Educational Psychology Service short webinar on Autistic Girls and Mental Health. The webinar can be accessed through the website:

<https://www.warwickshire.gov.uk/educationalpsychology>

1) Key resources:

Resource	Details
<p>Dixit board game and cards</p> 	<p>Illustrated cards for supporting young people's sharing of views and ideas.</p> <p>Available for purchase here.</p>
<p>The Mood Cards</p> 	<p>A fun and easy-to-use interactive card deck to support children and young people with understanding their moods and feelings.</p> <p>Available to purchase here.</p>
<p>Spoons Theory</p>	<p>A useful approach for understanding autistic individual's emotional wellbeing support needs.</p> <p>Further information and support ideas available here.</p>
<p>Comfort Audit to Prevent Sensory Overwhelm</p>	<p>The comfort audit is a very simple tool that encourages us to step into the shoes of our students and see or setting from their point of view.</p> <p>Available to download here.</p>
<p>Exploring Feelings: Anxiety - Cognitive Behaviour Therapy to Manage Anxiety</p> 	<p>A workbook to support children and young people with emotional self-awareness, emotional literacy, and coping skills based on Cognitive Behavioural Therapy approaches.</p> <p>Available to purchase here.</p>
<p>The Amazing Autistic Brain Cards</p> 	<p>This deck of cards is a resource to help professionals, parents and anyone working with autistic young people to have discussions about an Autism diagnosis in a personalised, positive and meaningful way.</p> <p>Available to purchase here.</p>

<p>The Interoception Curriculum</p> 	<p>The Interoception Curriculum provides a framework for building independent self-regulation, by sequentially teaching a learner to notice body signals, connect body signals to emotions, and then determine what action to take to promote comfort within the body. The curriculum consists of 25 lesson plans, divided into 3 sections.</p> <p>Available to purchase here.</p>
<p>Autism, Identity and Me</p> 	<p>A Practical Workbook to Empower Autistic Children and Young People Aged 10+.</p> <p>Available to purchase here.</p>
<p>The Mapping the Landscape of Your School tool</p>	<p>A useful tool for reflecting on the school environment and the reasonable adjustments that may be needed to school life. Primary and Secondary school copies are available.</p> <p>Available courtesy of Lancashire County Council, here.</p>
<p>The ASD Girls Wellbeing Toolkit</p> 	<p>An Evidence-Based Intervention Promoting Mental, Physical & Emotional Health. The 30-session programme is in three sections: Me & My Mental Health; Relationships & Communication Skills; My Toolkit for Wellbeing & Future Health.</p> <p>Available for purchase here.</p>

2) Wider reading and information:

A Kind of Spark (CBBC) - For autistic teen Addie, every day is a challenge as she juggles school and friends with the added complexities of being neurodivergent.

Autism and Asperger Syndrome in Childhood: For parents and carers of the newly diagnosed, Dr Luke Beardon.

Autistic Realms - Autistic parent and teacher blog. <https://www.autisticrealms.com/>

Camouflage: The Hidden Lives of Autistic Women, Dr Sarah Bargiela.
Can You See Me, Libby Scott.

I am Special, Peter Vermeulen.

Neurodivergent insights – Insights of Neurodivergent Clinician. <https://neurodivergentinsights.com/>

Rosie Weldon - An 'Autism blog about autistic life'. <https://rosieweldon.com/blog/>

3) Videos:

'Wrong Size Fits All' - a short film production that chronicles the personal journeys, based on the experiences shared by members of IMPACT, Warwickshire's youth forum for individuals with special educational needs and disabilities (SEND). Available via: <https://www.youtube.com/watch?v=8VwhZyrX2bM>

4) Local Organisations:

Community Autism Support Service (CASS) - Autism support for children, young people and adults across Coventry and Warwickshire. <https://casspartnership.org.uk/>

RISE <https://cwrise.com/>

- Navigation Hub: Tel: 0300 200 2021 (Mon-Fri 8am – 6pm)
- Primary Mental Health Service: <https://cwrise.com/primary-mental-health/>
- Mental Health in Schools Team: <https://cwrise.com/mhst/>
- <https://cwrise.com/coping-with-low-mood>
- How to make a referral: <https://www.youtube.com/watch?v=RrcZKiDTRIk>

Dimensions Kooth: <https://www.kooth.com/>

Mind Coventry and Warwickshire Wellbeing Advisors: <https://cwmind.org.uk/wellbeing-advisers/>

CW Mind: <https://cwmind.org.uk/>

Warwickshire School Health and Wellbeing Service: <https://www.compass-uk.org/introduction-to-wshwbs/>

Warwickshire Graduated Approach for Neurodivergent Children and Young People - <https://api.warwickshire.gov.uk/documents/WCCC-600065477-449>

5) National Organisations:

Autism Education Trust: <https://www.autismeducationtrust.org.uk/>

National Autistic Society: <https://www.autism.org.uk/>

Act for Autism: act for autism is a social enterprise that provides unique insights about autism via specialist workshops and coaching for parents, carers and teachers. <https://actforautism.co.uk>

Autistic Girls Network - <https://autisticgirlsnetwork.org/>

Autism understood: A website about autism, for autistic young people - so that everyone can gain a better understanding of what autism actually is. <https://autismunderstood.co.uk/>

The Girl With the Curly Hair: The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them. <https://thegirlwiththecurlyhair.co.uk/>

6) Supporting Parents:

Autism Central - Autism Central offers a wealth of resources for parents, carers and personal assistants of autistic people in England. <https://www.autismcentral.org.uk/>

CW RISE parent and carer resources - <https://cwrise.com/parent-and-carer-resources/>

Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated July 2024.