

Where To Find NEURO-AFFIRMING SUPPORTS



Australian Autistic & Neurodivergent Resources: Organisations & Community

ASAN-AU (Autistic Self Advocacy Network – Australia & New Zealand)

Website: asan-aunz.org

Run by and for Autistic people, promoting rights, inclusion, and self-advocacy.

Reframing Autism

Website: reframingautism.org.au

Offers neuro-affirming education, training, and community resources. Founded and led by Autistic individuals.

Autism Spectrum Australia (Aspect)

Website: autismspectrum.org.au

Autistic Identity Project Features Autistic voices, especially those involved in research and lived experience work.

The I CAN Network

Website: icannetwork.online

A mentoring and advocacy program run by Autistic people for Autistic young people and schools.

Neurodiversity Media

Website: neurodiversitymedia.com

Career, advocacy, and lived experience resources—founded by Jac den Houting.

Yellow Ladybugs

Website: yellowladybugs.com.au

A peer-led organisation supporting Autistic girls, women, and gender-diverse individuals.

Autism Queensland (AQ)

Website: <https://autismqld.com.au>

Queensland's peak Autism body providing supports, therapy, and education.

ANPA - Australian Neurodivergent Parents Association

Website: <https://sites.google.com/view/theanpa/home>

Advocates for the rights, inclusion, and safety of Neurodivergent parents and their families across Australia.

TARA - The Autistic Realm Australia

Website: <https://facebook.com/autisticrealm>

TARA is creating change through lived experience advocacy.

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Rockabilby - Neurokin Events

Website: <http://www.neurokin.org.au>

Carving their own way in life, living life intentionally, and passing on the freedom of individuality, zest for life, and creativity through their life's journey.

Heidi La Paglia Reid Consulting

Website: <https://www.lapagliareidconsulting.com/>

An Autistic lived experience advocate and policy consultant in all areas related to gender equality and disability rights.

Disability Leadership Institute

Website: <http://disabilityleaders.com.au/>

By disability leaders for disability leaders.

Kristy Forbes - InTune Pathways

Website: <https://www.kristyforbes.com.au/>

An Autistic-led support and education platform offering trauma-informed, neurodiversity-affirming guidance for families and professionals.

Christina Keeble Consulting

Website: <https://christinakeeble.com/>

A lived-experience consultant providing inclusive workshops and advocacy training for schools, parents, and service providers.

PDA Training Australia

Website: <https://pdatrainingaustralia.com.au/>

Dedicated to educating professionals and families about PDA through accessible, research-informed training and support.

Chronic Resilience Lived Experience Occupational Therapy

Website: <https://www.chronicresilienceot.com/>

A neurodivergent-run OT practice specialising in sensory regulation, masking, and client-led, strengths-based support.

NeuroWild

Website: <https://www.facebook.com/p/NeuroWild>

A widely-loved social media hub offering visual explainers and neuro-affirming advocacy from an Autistic professional.

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Neurodivergent Empowered

Website: <http://www.neurodivergentempowered.com>

'The Nest' - an environment that honours Autistic identity, celebrates Neurodivergent brilliance, and nourishes the nervous system without aiming to 'fix' difference.

Neuroinclusion

Website: <http://www.neuroinclusion.com.au>

Offering Nd-affirming allied health and training across Australia. Supporting self, formally, and potentially Neurodivergent individuals to thrive and embrace authenticity.

Play & Creative Therapy Bundaberg

Website: <http://www.playcreative.com.au>

Neuro-affirming, person-centred, inclusive counselling, expressive and play therapies for children, young people, and families. Safety, connection & healing starts here.

Neurokinnection

Website: <https://www.neurokinnection.com.au>

A holistic and alternative collective that aims to authentically explores connection to self, others and lovers.

When My Brain is Messy

Website: <https://whenmybrainismessy.com.au/>

A gentle, neuro-affirming and Autistic author of picture books designed to help young children understand sensory overwhelm, big emotions, communication and the world of Neurodivergent acceptance.

Neurokindred

Website: <http://neurokindred.com/>

A therapeutic journey for those in the post identification space, reflecting on what happens next and what could have been.

Sandra Thom-Jones, The Autistic Professor

Website: <https://www.autisticprofessor.com/>

A proudly autistic academic, advocate and mother - sharing her views and learning experiences as a woman 'on the spectrum'!

Orion Kelly

Website: <https://orionkelly.com.au/home>

An Australian autistic author, podcaster, actor, and YouTuber, Orion lifts up Autistic lived experience, busts myths, and fosters validation through his "My Friend Autism" podcast and online presence.

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Autie Biographical Comics

Website: <https://www.autiebiographical.com/>

Theresa Scovil draws heartfelt, slice-of-life comics about Autistic daily living and identity, sharing relatable moments and gentle humour with a global Neurodivergent audience.

Asiatu Lawoyin

Website: <https://www.asiatucoach.com/>

A Black, trans, agender Autistic sociologist and coach, Asiatu teaches how to deconstruct systemic oppression and reclaim Neurodivergent, intersectional identity, with a focus on liberation and inclusion.

Bri Guerra, Nonspeaking Advocate for Change

Website: <https://www.facebook.com/SabrinaGuerraNonspeakingAdvocate/>

A powerful nonspeaking Autistic youth advocate whose poetry, QWERTY typing, and public presentations uplift and redefine how we support Autistic voices.

One Tic at a Time

Website: <https://www.facebook.com/oneticatatime/>

A community space focused on raising awareness and normalising the lived experience of tics, especially as they intersect with Autism and Neurodivergence.

Spectrum Sloth

Website: <https://www.facebook.com/spectrumslloth/>

A chill, sensory-friendly space amplifying Autistic perspectives at a relaxed pace, perfect for slow, thoughtful connection and self-acceptance.

Diversity Doodles

Website: <https://www.facebook.com/p/Diversity-Doodles-61557677262825/>

An Autistic-led art initiative celebrating Neurodiversity through inclusive, expressive doodles that reflect the wide range of human experience.

Badger Education - Inclusive Support

Website: <https://www.facebook.com/Badger.Education.Inclusive.Supports>

A Neurodivergent-run educational support page offering flexible, inclusive strategies and advocacy for individuals who don't fit traditional learning moulds.

Wild of Brain - Anissa Ljanta, Writer & ND Coach

Website: <https://www.wildofbrain.com/>

A resource offering coaching, education, and advocacy for Neurodivergent individuals, focusing on building a life that aligns with one's unique brain.

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Stimpunks Foundation

Website: <https://stimpunks.org>

A disability-led organisation blending mutual aid and advocacy, Stimpunks supports Neurodivergent and disabled people through community care, creativity, and radical accessibility.

Autistic Realms

Website: <https://autisticrealms.com/>

Autistic Realms shares neurodivergent perspectives, educational resources, and affirming tools rooted in lived experience and systemic critique.

Emergent Divergence

Website: <https://emergentdivergence.com/>

David Gray-Hammond's blog explores neurodivergent rights, education, wellbeing, and the harms of medicalised frameworks, with a strong advocate for Autistic-led discourse.

Jade Farrington – Neurodivergent Counsellor and Rewind Trauma Therapist

Website: <https://jadefarrington.com/>

Jade Farrington provides affirming, Neurodivergent-led counselling and trauma recovery using gentle methods tailored to Autistic, ADHD, and otherwise ND individuals.

Neurodiversity Manitoba

Website: <https://neurodiversitymb.ca/>

A Canadian-based hub amplifying neurodivergent voices, offering education, peer support, and advocacy to build inclusive, community-rooted systems that honour diverse minds.

Becca Lory Hector Consultant

Website: <https://beccalory.com/>

Becca Lory Hector is an openly Autistic advocate, consultant, speaker, and author dedicated to promoting Neurodiversity and inclusivity.

Viv Dawes, Autistic Advocate

Website: <https://www.autisticadvocate.co.uk/>

A neuro-affirming, LGBTQIA affirming and trauma informed advocate, trainer, consultant.

Trauma Geek – Janae Elisabeth

Website: <https://www.traumageek.com/>

An educational hub exploring polyvagal theory, trauma science, and Neurodiversity, providing resources and courses grounded in lived experience.

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Danny with Words

Website: <https://www.facebook.com/dannywithwords/>

Minimally speaking autistic writer and advocate Danny Whitty shares his lived experience through Spelling-to-Communicate, using poetry, reflections, and essays to lift the voices of nonspeaking Autistic people.

Fighting for My Voice

Website: <https://fightingformyvoice.com/>

Jordan LeVan offers heartfelt first-person insights into living with verbal apraxia, accompanied by advocacy and guidance to help others find their verbal autonomy.

Niko Boskovic

Website: <https://nikoboskovic.wordpress.com/>

Niko Boskovic, a nonspeaking autistic letterboard communicator, shares powerful blog posts on identity, mental health, and self-advocacy as part of Navigating with Niko.

Mikey's Wish – Verbal Dyspraxia Awareness

Website: <https://www.facebook.com/mikeyswish/>

Founded by teenager Mikey Akers, this campaign-turned-community raises awareness of verbal dyspraxia, shares personal storytelling, and funds therapy through social media, events, and lived experience.

Autism Goggles

Website: <https://www.facebook.com/autismgoggles/>

An active Facebook community centred on autistic-led insights, sharing reflections, decision-making strategies, and everyday truths about life "on the spectrum".

Autistic PhD

Website: <https://autisticphd.com/>

A platform dedicated to making complex topics like Autism, ADHD, disability, and accessible teaching understandable through personal narratives and lived experiences.

Parenting Through the Fog

Website: <https://www.facebook.com/ParentingThroughTheFog/>

A supportive Facebook community offering insights and shared experiences for parents navigating the complexities of raising Neurodivergent children.

Henny Kupferstein, Ph.D.

Website: <http://www.DrHenny.com>

Publishing scientific research, Ban ABA information, communication-first, and approaches that centre Autistic voices to support clinicians, educators, and policy leaders.

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Dr Alice Nicholls

Website: <https://www.dralicenicholls.com/>

Learn how to get what you need to live an inspired and energised life free from Autistic Burnout.

Autism Centre of Excellence

Website: <https://www.griffith.edu.au/research/arts-education-law/institute-educational-research/themes/autism-centre-excellence>

Lead positive change by learning about autism, develop your specialist knowledge and provide great support for autistic people.

Amanda Moses Psychology

Website: <https://www.amandamosespsychology.com.au/>

A collection of training, resources, and free content all aimed at helping you learn evidence-based psychological practice in a digestible way.

Autistic and Living the Dream

Website: <https://autisticltd.co.uk/>

A queer autistic researcher shares powerful reflections on addiction, activism, race, and resilience, offering nuanced insights into the intersection of autism, gender, and social justice.

Neurodivergent_Lou

Website: https://www.facebook.com/p/Neurodivergent_lou

Lou, an autistic mental health advocate, creates community by sharing insights and recommendations, tackling internalised ableism, and offering everyday Neurodivergent tips.