

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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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.

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.

Viv Dawes, Autistic Advocate

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

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

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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.

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'.

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.

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

<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

<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

<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

<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

<https://www.facebook.com/spectrumsloth/>

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

Diversity Doodles

<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

<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.

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Danny with Words

<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

<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

<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

<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

<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

<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

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

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

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Trauma Geek – Janae Elisabeth

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

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

When My Brain is Messy

<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.

Wild of Brain – Anissa Ljanta, Writer & ND Coach

<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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