

Tips & resources shared on the “Supporting the wellbeing of neurodiverse colleagues” chat thread

People who are neurodiverse often need more sleep than average - depends on how much masking they are doing

My children’s school have introduced “zones of regulation” for all children to help them communicate where they are and to identify their own unique strategies for regulating themselves. Also means the kids can be empathic with their friends when they notice they are in the “Red zone”

Hub of Hope is good for finding local MH services <https://hubofhope.co.uk/>

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

Anyone have good reads for dyslexia and dyspraxia?:

- Caged in Chaos is meant to be worth read for Dyspraxia
- The Dyslexic Advantage by Brock and Fernette Eide is well worth it too

Site suggestion; thegirlwiththecurlyhair.co.uk

Recommended: <https://anchor.fm/my-argument-with-grief/episodes/Neurodiversity-and-me-eg8nj9>

There are so many neurodiverse youtubers who regularly publish content and talk about aspects of their experience. I've found it really helpful to hear other neurodiverse people describe their experience

<https://www.gov.uk/access-to-work>

Ingeus deliver AbleFutures the Access to Work Mental Health Service

Are you a member of BASE - British Association of Supported Employment?

The University of Bath Centre for Applied Autism Research has done lots of work on recruitment practises & advice for employers <https://www.bath.ac.uk/research-centres/centre-for-applied-autism-research/>

The University of Bath also has a specific programme called Ambassadors for Autism <https://www.bath.ac.uk/announcements/ambassadors-for-autism-adapting-services-for-autistic-service-users/>