

Neurodiversity Resource Guide



Support - Connection - Understanding - Empowerment

Neuroperspectives

Anita Aherne is a speaker, trainer and writer who leans into her lived experiences as a neurodivergent individual.

AMAZE Autism

AMAZE - www.amaze.org.au
Information and Support of Autistic individuals and families.
Free Autism support

The ADHD Foundation

The ADHD foundation is a charity providing information and support for individuals and families

Rethink Dyslexia

Practical support, education and connection for Dyslexic young adults and adults

Autisic Pride Day.

A global day (June 18th) celebrating Autistic Pride.
A free resource kit for individuals and businesses available.

This year's Conference is In Melbourne on May 30th at ACU.

Kaboose app

Kaboose is a community app for autistic & neurodivergent individuals over 18, to connect, learn and thrive.

Autism Connect

Autism Connect is a free, national autism helpline, providing independent and expert information over phone, email and webchat.
1300 308 699

Carer Gateway.

Carer Gateway is an Australian Government program providing free services and support for carers.

A Gentle reminder

Your journey is uniquely yours. Take what you need at your own pace.
There is no right or wrong way to seek support

