

List of Resources

Note: While there are many mental health resources available, the list featured in this section is not complete, and it highlights Autistic-led organizations. The information provided below is not an endorsement or recommendation of any opinion, information, services, materials, organizations or individuals contained within the list.

Autistic-led organizations

- Autistic 4 Autistics (A4A) Ontario: <https://a4aontario.com>
- Autistic Inclusive Meets: <https://autisticinclusivemeets.org>
- Autistic Mutual Aid society Edinburgh (AMASE): <https://amase.org.uk>
- Autism Network International: www.autreat.com
- Autistic Self-Advocacy Network (ASAN): <https://autisticadvocacy.org>
- Autistics United Canada: www.autisticsunitedca.org
- Autistic Women & Nonbinary Network (AWN): <https://awnnetwork.org>
- London Autistics Standing Together: <https://londonautistics.wordpress.com>

Compilation of resources (online and print materials)

- A4A List: <https://a4aontario.com/resources/>
- Actually Autistic Blogs List: <https://anautismobserver.wordpress.com/>
- Autistics United List: www.autisticsunitedca.org/resource-list.html
- Autistics Aloud Magazine: <https://www.autisticsaloud.ca/>
- ASAN Resource Library: <https://autisticadvocacy.org/resources/>
- AMASE Resources: <https://amase.org.uk/resources/>
- AWM Resource Library: <https://awnnetwork.org/resource-library/>
- Finding Autism Resources: <https://geekclubbooks.com/resources/>
- London Autistics Resource lists: <https://londonautistics.wordpress.com/resources-2/>

- Ed Wiley Autism Acceptance Lending Library – Neurodiversity Library: <https://neurodiversitylibrary.org/neurodivergent-narwhals/>
- Thinking Person’s Guide to Autism Resource List: www.thinkingautismguide.com/p/resources.html

Guides and toolkits

- A guide for Autism researchers – *Avoiding Ableist Language: Suggestions for Autism Researchers* (2020): www.liebertpub.com/doi/10.1089/aut.2020.0014
- AASPIRE – Academic-Autistic Spectrum Partnership in Research and Education (United States):
 - Website: <https://aaspire.org>
 - AASPIRE Healthcare Toolkit: <https://autismandhealth.org>
- Ambitious about Autism (United Kingdom):
 - Website: www.ambitiousaboutautism.org.uk
 - Know Your Normal Toolkit: www.ambitiousaboutautism.org.uk/sites/default/files/toolkits/know-your-normal-toolkit-ambitious-about-autism.pdf
- Autism Toolbox by Scottish Autism (Scotland): www.autismtoolbox.co.uk
- Shaping Autism Research (United Kingdom): www.shapingautismresearch.co.uk/post/163944360130/its-here-a-starter-pack-for-participatory-autism
- The Participatory Autism Research Collective (United Kingdom): <https://participatoryautismresearch.wordpress.com>

Crisis lines

If you are in an emergency, in crisis or need someone to talk to, below is a list of Canadian nation- and province/territory-wide phone numbers to contact. They are free and available 24 hours a day, seven days a week.

Crisis lines	
Canada-wide	<p>Canada Suicide Prevention Service 1 833 456-4566 (24/7 toll-free) TEXT: 45645</p> <p>Indigenous Hope for Wellness Help Line 1 855 242-3310</p> <p>Kids Help Phone (20 years and under) 1 800 668-6868</p> <p>Trans Lifeline 1 877 330-6366 (does not do non-consensual active rescue)</p> <p>Assaulted Women's Helpline 1 866 863-0511</p> <p>Emergency Department 9-1-1</p>
Alberta	<p>Mental Health Help Line 1 877 303-2642</p>
British Columbia	<p>Crisis Line Association of B.C. 1 800 SUICIDE (784-2433) 310-6789 (no area code needed)</p>
Manitoba	<p>Klinic Crisis Line 1 888 322-3019 1 877 435-7170 (suicide support line)</p>

New Brunswick	Chimo Help Line 1 800 667-5005
Newfoundland & Labrador	Mental Health Crisis Centre 1 888 737-4668
Northwest Territories	NWT Help Line 1 800 661-0844
Nova Scotia	Mental Health Mobile Crisis Team 1 888 429-8167
Nunavut	Kamatsiaqtut Nunavut Help Line 1 800 265-3333
Ontario	Connex Ontario 1 866 531-2600
Quebec	Quebec National Crisis Line/ Centre de prévention du suicide de Québec 1 866 APPELLE (277-3553)
Saskatchewan	Professional Health Advice and Mental Health Support 8-1-1
Yukon	Yukon Distress & Support Line 1 844 533-3030