You are invited to participate in a new research study:  

**Therapeutic Photography and Positive Well-Being in Autistic People**

What is this about?  
Researchers at York University want to know how environments can promote the positive well-being of autistic people.

What does participating involve?  

1. Four weeks of *therapeutic photography*:
   - Taking pictures of environments that contribute to your well-being
     - You will need to take these photos on your own device (e.g., phone) or a device provided by our lab
   - Write or speak about why you took the pictures, and sharing this info with us
   - If you need help in this activity, you can have a support person involved too
2. **Two visits** to York University:

- You will complete some **questionnaires** about your mental health
- We will measure your resting **heart rate** using 3 electrodes placed on your body (i.e., your wrists and ankle)
- Your **breathing** will also be measured using a respiration belt around your chest
- During your 2nd visit, you will also be **discussing your photos** with a researcher

There is no cost to participate. You will receive a **$200 gift certificate** for each visit to York University.

**I’m interested! What next?**

For more information, please contact the Researchers at York University (Dr. Jonathan Weiss, lead) by email at taphoto@yorku.ca. You can also visit us at our website: [https://www.yorku.ca/health/lab/ddmh/therapeutic-photography-and-thriving/](https://www.yorku.ca/health/lab/ddmh/therapeutic-photography-and-thriving/)