



Knowledge Is Power:

OEBB's Neurodiversity Resource Library

Whether you need support for yourself or are looking to support someone else (like a coworker or child), you're not alone. There are places to turn for guidance. Not sure if what you're experiencing is related to neurodiversity? Consider taking an online assessment. You can also talk with your health care provider.

We have included information from an array of sources—from clinical experts to people sharing their lived experiences.

Topics	Media Type
<p><u>Vendor Partner Resources</u></p> <p><u>Local, State, and OEGB Resources</u></p> <p>For Everyone Websites Books</p> <p>For Children Websites Books</p> <p>For Managers/Supervisors Neurodiversity in the workplace: building an Inclusive culture Autism in the workplace</p> <p>Find a Community Is this group right for me? In-person and online groups Facebook groups</p> <p>Resources for Everyday Living YouTube Instagram Apps Podcasts</p>	<ul style="list-style-type: none"> • Focus on reading: Books and websites – Books and websites created especially for kids can facilitate discussions with the little ones in your life • Connect with a community: In-person and online groups • Learn through visuals: YouTube and Instagram • Apply your own reminders: Try an App to improve your daily habits • Listen while doing another activity: Podcasts



A note about the resources

OEGB is sharing these resources with the intent of helping you get additional support and find connections with others who may share some of your concerns. The resources provided are not a substitute for professional care.

Other than the State-provided resources, OEGB is not affiliated with the content creators. OEGB doesn't formally endorse the information or opinions expressed on their sites and doesn't earn any commissions from link clicks or purchases.

Vendor Partner Resources

Learn about the services your medical plan provides to support identifying and supporting neurodiverse conditions:

Kaiser Permanente

[Caring for the whole you](#)
[Accessing care related to neurodiversity](#)

Moda Health

[Roadmap to neurodivergent and mental wellbeing resources](#)



Local, State, and OEGBB Resources

- **For disability rights and job assistance:**

[Disability Rights Oregon](#) helps you [know your disability rights](#) and can assist if you're having a difficult time [getting or keeping a job](#) because of disability-related barriers.

- **For disabled individuals needing job assistance:**

[Vocational Rehabilitation Services](#) helps people with all kinds of disabilities find jobs that match their skills, interests, and abilities. You can also get assistance to create a "return to work" plan of action after being off work due a disability. [Youth services](#) (ages 14–24) are available to build job skills, explore career interests, and learn how to advocate for yourself at work.

- **For children and families:**

[Holding Hope](#) sends a monthly email about children's behavioral health resources and events.

- **For pregnant people and families with young children:**

[Maternal Infant and Early Childhood Home Visiting](#) encourages positive child development and school readiness. Home Visitors meet with families to share information, refer services and supports, and promote positive parent/child relationships.

- **For crisis and parental support:**

[Reach Out Oregon](#) offers a crisis phone line, community services and support, and learning events on various parenting topics.

- **For family and parental support:**

[Oregon Family Support Network](#) promotes mental, behavioral, and emotional wellness for families and youth through [education](#), [support groups](#), and [advocacy](#).

- **For parent education classes:**

[Collaborative Problem Solving](#) is an eight-week class offered at no charge to Oregonians (available to parents, grandparents, foster parents, and caregivers). If you've been struggling with your child or teenager's tantrums, meltdowns, explosions, implosions, or other negative behaviors, you're not alone. Tried being firmer, more consistent, giving out stickers, unending time-outs, big rewards, yelling, giving up, and medication, all without success? Collaborative Problem Solving can help!

- **Employee Assistance Program (EAP):**

You and your household members have free access to the [Uprise Health EAP](#) (access code: OEGBB). This benefit program provides you with therapy sessions, counseling services, coaching sessions, parenting support, adult care and eldercare services, online peer support groups, financial coaching, and legal consultations.

- **For mental health support:**

[Mental health resources](#) are available to all Oregonians, with specialists for domestic and sexual violence, LGBTQIA people, veterans, parents, youth, families, seniors, and to address eating disorders.

For Everyone

Websites

For Everyone: Websites	
ADHD (attention-deficit hyperactivity disorder)	Attention Deficit Disorder Association Children and Adults with Attention-Deficit/Hyperactivity Disorder ADHD Coaches Organization Inattentive ADHD Coalition
ADHD, autism, dyslexia, dyspraxia	Exceptional Individuals
ADHD and dyslexia	The Morris Center
Anxiety	Anxiety & Depression Association of America
Autism	Association for Autism and Neurodiversity Autistic Community Autism Empowerment Autism Level Up Autism Society Autism Society of Oregon Autistic Women & Nonbinary Network Mrs. Speechie P Stimpunks
Borderline personality disorder	National Education Alliance for Borderline Personality Disorder National Alliance on Mental Health
Career	O*NET Interest Profiler O*NET Occupations by Cross-Functional Skills My Skills My Future CareerOneStop
Co-regulation and self-regulation	Co-Regulation Techniques for Children
Dyslexia	Dyslexic Logic International Dyslexia Association Made by Dyslexia Succeed With Dyslexia

Websites (continued)

For Everyone: Websites	
Dyspraxia	Dyspraxia Foundation USA
Eating disorders	National Eating Disorders Association
General	Different Brains Divergents Magazine In the Loop About Neurodiversity Social Thinking Society for Neurodiversity
Learning disabilities	Learning Disabilities Association of America
OCD (obsessive compulsive disorder)	International OCD Foundation Portland OCD and Anxiety Center
Online assessments	<ul style="list-style-type: none"> • ADHD screening for adults • ADHD screening for children • Autism in toddlers checklist • Dyslexia screener for school-age children • OCD screening
Tourette syndrome	Tourette Association of America
Trauma	C-PTSD Foundation Beauty After Bruises



Books

For Everyone: Books	
ADHD	<p>Fiction: A List of Cages, by Robin Roe</p> <p>Nonfiction: ADHD Toolkit for Women: Workbook & Guide to Overcome ADHD Challenges and Win at Life, by Sarah Davis and Linda Hall</p> <p>Nonfiction: Better Late Than Never, by Emma Mahony</p> <p>Nonfiction: Dirty Laundry: Why Adults with ADHD Are So Ashamed and What We Can Do to Help, by Richard Pink and Roxanne Emery</p> <p>Nonfiction: Driven to Distraction, by Edward M. Hallowell and John J. Ratey</p> <p>Nonfiction memoir: Earthed, by Rebecca Schiller</p> <p>Nonfiction: Scattered Minds, by Dr. Gabor Maté</p>
Anxiety and OCD	<p>Fiction: Don't Touch, by Rachel M. Wilson</p> <p>Fiction: Turtles All the Way Down, by John Green</p>
Asperger syndrome	<p>Fiction: The Kiss Quotient, by Helen Hoang</p> <p>Fiction: Mockingbird, by Kathryn Erskine</p> <p>Nonfiction: Aspergirls: Empowering Females with Asperger Syndrome, by Rudy Simone</p> <p>Nonfiction: The Electricity of Every Living Thing, by Katherine May</p> <p>Nonfiction: Nerdy, Shy, and Socially Inappropriate, by Cynthia Kim</p> <p>Nonfiction memoir: The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband, by David Finch</p> <p>Nonfiction memoir: Look Me in the Eye: My Life with Asperger's, by John Elder Robison</p>



Books (continued)

For Everyone: Books	
Autism	<p>Anthology by autistic writers and artists: All the Weight of Our Dreams: On Living Racialized Autism, by Lydia X.Z. Brown</p> <p>Fiction: The Cassandra Complex, by Holly Smale</p> <p>Fiction: The Curious Incident of the Dog in the Night-Time, by Mark Haddon</p> <p>Fiction: Kids Like Us, by Hilary Reyl (for tweens and teens)</p> <p>Fiction: Miracle Creek, by Angie Kim</p> <p>Fiction: The Rosie Project, by Graeme Simsion</p> <p>Nonfiction: Neurotribes, by Steve Silberman</p> <p>Nonfiction: Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity, by Emily Paige Ballou and Sharon daVanport</p> <p>Nonfiction memoir: Life, Animated: A Story of Sidekicks, Heroes, and Autism, by Ron Suskind</p> <p>Nonfiction memoir: The Reason I Jump, by David Mitchell</p>
Eating disorders	Fiction (young adults): Goodreads
Family	Nonfiction: Toxic Positivity: Keeping It Real in a World Obsessed with Being Happy, by Whitney Goodman
General	<p>Fiction: Sorrow and Bliss, by Meg Mason</p> <p>Fiction with neurodivergent characters: LGBTQ Reads</p> <p>Nonfiction: Calling All Minds: How to Think and Create Like an Inventor, by Temple Grandin</p> <p>Nonfiction: Different, Not Less: A Neurodivergent's Guide to Embracing Your True Self and Finding Your Happily Ever After, by Chloe Hayden</p> <p>Nonfiction: The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain, by Thomas Armstrong</p>
Learning disabilities	Nonfiction memoir: My Thirteenth Winter, by Samantha Abeel

Books (continued)

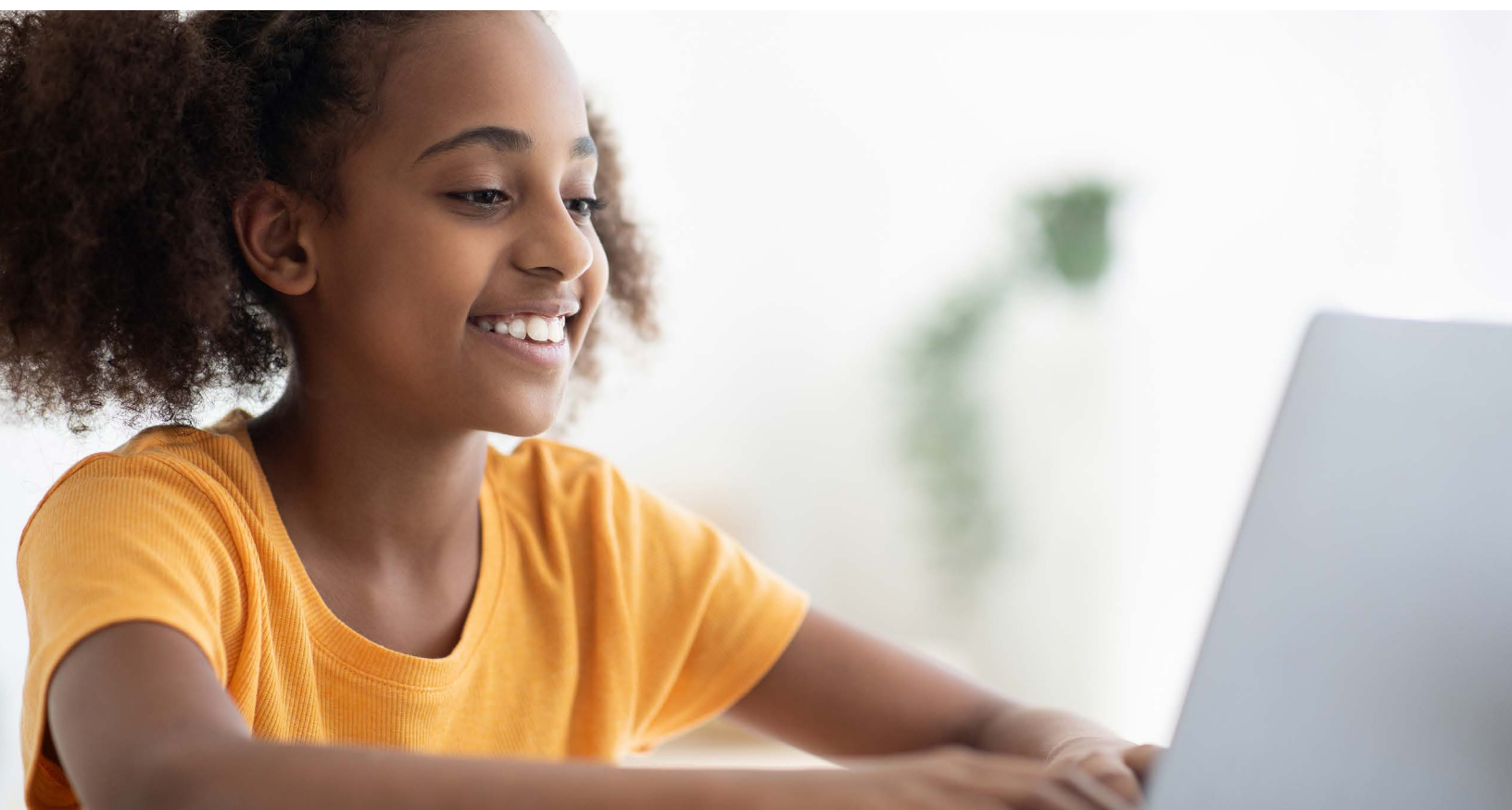
For Everyone: Books	
Parenting	Nonfiction: Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids, by Mona Delahooke Nonfiction: Good Inside: A Guide to Becoming the Parent You Want to Be, by Dr. Becky Kennedy Nonfiction: Very Intentional Parenting: Awakening the Empowered Parent Within, by Destini Ann
Sensory defensive disorder	Nonfiction: Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World, by Sharon Heller
Sensory processing disorder	Nonfiction: The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder, by Carol Stock Kranowitz
Tourette syndrome and OCD	Nonfiction: Med Head: My Knock-Down Drag-Out Drugged-Up Battle With My Brain, by James Patterson and Hal Friedman



For Children

Websites

For Children: Websites	
ADHD	Through your child's eyes PokPok App
Anxiety and OCD	PokPok App Creating a stress creature – crafting activity NOCD
Autism	PokPok App Creating a stress creature – crafting activity
Family	Homer
General	BrainPop
Learning disabilities	BrainPop Audible
Sensory defensive disorder	Creating a weight lap buddy – Crafting Activity Creating a sensory bottle – crafting activity Creating a stress creature – crafting activity
Sensory processing disorder	Homer
Tourette syndrome and OCD	GoHackify

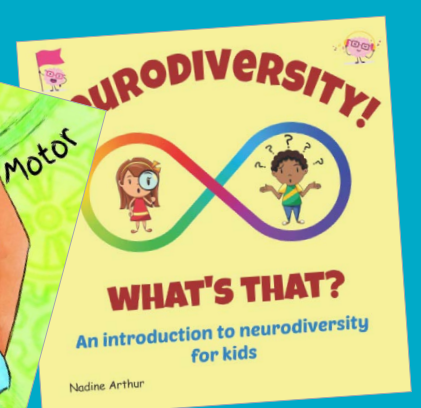
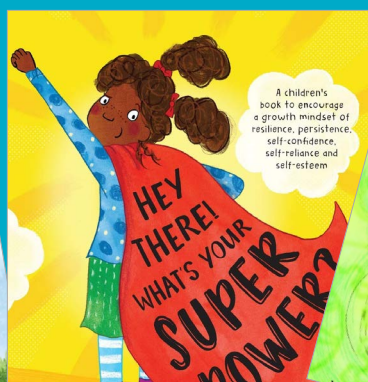
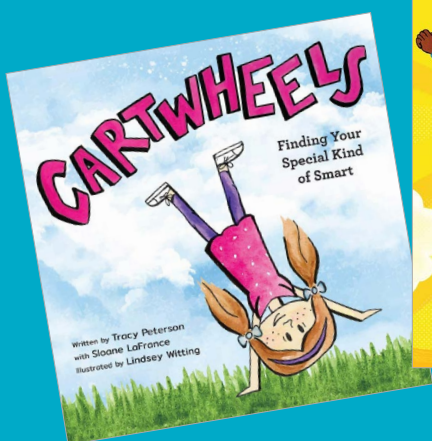


Books

For Children: Books	
ADHD	<p>My Whirling, Twirling Motor, by Merriam Sarcia Saunders</p> <p>My Brain is a Race Car: A children's guide to a neuro-divergent brain, by Nell Harris</p>
Anxiety	I Am Stronger Than Anxiety, by Elizabeth Cole
Autism	<p>All My Stripes: A Story for Children With Autism, by Shaina Rudolph and Danielle Royer</p> <p>My Brother Otto, by Meg Raby</p> <p>My Brother Charlie, by Holly Robinson Peete and Ryan Elizabeth Peete</p> <p>The Case of Sensational Stims, by Erin Garcia</p> <p>A Friend for Henry, by Jenn Bailey and Mika Song</p> <p>The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin, by Julia Finley Mosca and Daniel Rieley</p> <p>Masterpiece, by Alexandra Hoffman</p> <p>Uniquely Wired, by Julie Cook</p>
Autism and pathological demand avoidance	I'm Not Upside Down I'm Downside Up, by Harry Thompson and Danielle Jata-Hall
Disabilities	<p>Just Ask!: Be Different, Be Brave, Be You, by Sonia Sotomayor and Rafael López</p> <p>Nonfiction: Views from Our Shoes: Growing Up with a Brother or Sister with Special Needs, by Donald Joseph Meyer</p>
Dysfluency	I Talk Like a River, by Jordan Scott and Sydney Smith
Dyslexia	<p>The Alphabet War, by Diane Burton Robb</p> <p>Cartwheels, by Tracy Peterson</p> <p>Finding My Superpower, by Sarah Prestige</p> <p>Magnificent Meg, by Andra Harris</p> <p>My Very Favorite Book in the Whole Wide World, by Malcolm Mitchell</p> <p>Your Fantastic Elastic Brain, by JoAnn Deak, PhD</p> <p>Xtraordinary People Made By Dyslexia, by Kate Griggs</p> <p>A Walk in the Words, by Hudson Talbott</p>
Dyslexia/learning disorders	Brilliant Bea, by Shaina Rudolph and Mary Vukadinovich

Books (continued)

For Children: Books	
General	<p>Neurodivergent Ninja, by Mary Nhin</p> <p>Neurodiversity! What's That?, by Nadine Ramina</p> <p>Some Brains: A Book Celebrating Neurodiversity, by Nelly Thomas and Stephen Biesty</p> <p>George J. and the Miserable Monday, by Sivan Hong</p>
Inclusivity	<p>Everyone Belongs, by Health Avis</p>
OCD	<p>Louie and the Dictator, by Lisa Bournelis</p>
Resilience and persistence	<p>Resilience, by Jayneen Sanders</p> <p>Hey There! What's Your Super Power?, by Jayneen Sanders</p>
Sensory overload	<p>When Things Get Too Loud: A Story About Sensory Overload, by Anne Alcott</p>
Sensory processing disorder	<p>Too Much!: An Overwhelming Day, by Jolene Gutierrez</p> <p>Sensory Ninja, by Mary Nhin</p>



For Managers/Supervisors

Neurodiversity in the workplace: building an inclusive culture

This online conference was held in July 2023 and hosted by the [Oregon Disabilities Commission](#), [Northwest ADA Center](#) and [Disability Rights Oregon](#).

- [Watch the session recording](#)

Conference slides

- [Inclusive Communications for Neurodiversity](#)
- [Neurodiversity and Preparing for Inclusion](#)
- [Neurodiversity and Returning to Work After Traumatic Brain Injury](#)
- [Neurodiversity in the Workplace: Building an Inclusive Culture](#)

Conference resources

- [Neurodiversity as a Strengthening Point for Your Team and Our Society](#)
- [“Autism Is a Spectrum” Doesn’t Mean What You Think](#)
- [This Graphic Shows What the Autism Spectrum Really Looks Like](#)
- [6 Surprising Bad Practices That Hurt Dyslexic Users](#)

Autism in the workplace

- [Hiring autistic employees](#)
- [Tips for productive communication](#)
- [Autism communication tips](#)
- [Understanding autism for employers](#)
- [Strengths-based job matching](#)
- [Sensory issues: Quick tips for employers](#)
- [How to successfully onboard your new autistic employee](#)
- YouTube: [How to improve the workplace for autistic people](#)
- YouTube: [Why autism and mainstream workplaces don’t mix: Improve the workplace for autistic people](#)



Find a Community

Is this group right for me?

Found a support group but not sure it's the right fit? Here are some questions to ask before joining.

Membership:

- What are the membership requirements?
- Who's the leader and how are they chosen (qualifications, votes, etc.)?
- Meetings:
 - Where and when?
 - How long and how often?

Groups:

- What topics are discussed?
- How big are the groups?
- How many members typically attend each meeting?
- Affiliations with any organizations, programs, or religions?
- What is the confidentiality policy?

In-person and online groups

- **ADHD and autism (for LGBTQ adults):** [NeuroQueer](#)
- **Autism:** [The Autism Society of Oregon](#) offers virtual support groups throughout the state, along with region-specific in-person groups.
- **Autism:** [The Association for Autism and Neurodiversity](#) serves autistic adults and teens (14+ years old). There are virtual [social groups and activities](#) such as a book club, crafting group, Dungeons & Dragons group, and LGBTQ+ social group.
- **Autism:** [AWETism We Embrace](#) is an online facilitated support group that meets once a month via Zoom. It's open to parents and caretakers who want new insights about the autism spectrum, so you can better relate to your children, family, friends, or yourself.
- **Anxiety:** [ADAA](#) has four free, online, peer-to-peer communities for people suffering from mental health disorders to find support, share their stories, and connect with others who have had similar experiences.
- **Autism:** [Autism Speaks](#) has ideas for national and online autism-friendly community groups.
- **Dyslexia:** [The International Association of Oregon](#) has information about local support groups focused on supporting individuals and families with dyslexia.
- **OCD:** The International OCD Foundation offers connections including [My OCD Community](#) and [virtual support groups](#).

Facebook groups

Tip: To find a group in your area, search by a topic along with your unique location.

- **ADHD:** [ADDitude–ADHD Support Group for Adults](#)
- **Anxiety:** [Anxiety & Depression Association of America](#)
- **Asperger syndrome:** [Asperger’s Syndrome Awareness](#)
- **Auditory processing disorder:** [Auditory Processing Disorder \(APD/CAPD\) & Auditory Sensitivities Support](#)
- **Autism:** [Autism Late Diagnosis/Self-Identification Support and Education](#)
- **Autism:** [Life in an Autism World](#)
- **Autism:** [The Chronic Couple](#)
- **Autism:** [Autism Inclusivity](#)
- **Autism:** [Unashamed Voices of Autism](#)
- **Autism:** [Ask Me, I’m Autistic](#)
In this group, the first 24 hours after each post are reserved for responses by autistic members only.
- **Borderline personality disorder:** [National Education Alliance for Borderline Personality Disorder](#)
- **Down Syndrome:** [Down Syndrome Support Group](#)
- **Dyscalculia:** [The Dyscalculia Forum](#)
- **Dyscalculia:** [Dyscalculia Support Group](#)
- **Dyslexia:** [Dyslexia Support \(for parents of dyslexic children\)](#)
- **Eating disorders:** [Eating Disorder Recovery Support Group](#)
- **Executive dysfunction:** [Executive Dysfunction Life Hacks](#)



Facebook groups (continued)

- **General:** [Body Doubling for ADHD/Neurodivergent People](#)
- **General:** [Lived Experience Educator](#)
- **General:** [The Neurodiversity Podcast Advocacy & Support Group](#)
- **General:** [Neurodivergent Insights](#)
- **General:** [Neurodivergent Rebel](#)
- **General:** [Neuropositive Living](#)
- **General:** [No Nonsense Neurodivergent](#)
- **General:** [Tell me you're neurodivergent without telling me you're neurodivergent](#)
- **Learning disabilities:** [Learning Disabilities](#)
- **Learning disabilities:** [Parents of Children with Learning Disabilities](#)
- **Learning disabilities:** [Parents of College Bound Students with Learning Disabilities, ADHD, and ASD](#)
- **Pathological demand avoidance:** [Our Neurodivergent Life](#)
- **Sensory processing disorder:** [Sensory Planet–Sensory Processing Disorder \(SPD\) Support](#)
- **Tourette syndrome:** [The Official Tourette's Syndrome Awareness Group](#)

Find a Facebook group based on your interests

[Neurodivergent Hobby Swap!](#)

Do you spend a fair amount of money on hobby supplies that you may or may not ever get to? Do you go all-in on an interest, burn out on the idea, then never want to think about it again? This group is for you! Swap tips and materials related to your current obsession. Check in with like-minded people to brag about your work then pass along your materials when you're finished.

[Neurodivergent Cleaning Crew](#)

This group is for those times when you get overwhelmed by an area in your house that you need to clean. You start by taking a picture of the area, then the "cleaning crew" will walk you through how to get organized with a step-by-step cleaning process.

[Neurodivergents Making Neurodivergent Friends](#)

Join a safe place to make friends with fellow neurodivergent individuals.

Resources for Everyday Living

YouTube

Resources for Everyday Living: YouTube	
ADHD	Hayley Honeyman How to ADHD ADHD is the new BLACK ADDitude Magazine Claire Bowman – ADH-She
ADHD and autism	Neurodivergent Me
Autism	Orion Kelly – That Autistic Guy Thomas Henley The Thought Spot Yo Samdy Sam TEDx Talk: Neurodiversity–the key that unlocked my world Elisabeth Wiklander
General	Different Brains TEDx Talk: Playing to Our Strengths: Neurodiversity & Education Christy Hutton TEDx Talk: The Future is Neurodivergent Jennifer Poyntz
OCD and anxiety	Nathan Peterson
Speech language pathology	Emily Perry
Tourette syndrome	Tourette Association of America
Trauma	Crappy Childhood Fairy CPTSD Warrior



Instagram

Resources for Everyday Living: Instagram

ADHD	<p><u>ADHD Gem (@lifeinthefastbrain)</u></p> <p><u>Alice The Mini ADHD Coach (@the_mini_adhd_coach)</u></p> <p><u>DrBrianFTW (@drbrianftw)</u></p> <p><u>Dr. Janina ADHD Coach CT, USA (@adhd_empowerment_coaching)</u></p> <p><u>Dr. Lori Long, Dr. Mallory Yee, & Katie Severson, SLP (@thechildhoodcollective)</u></p> <p><u>Grace Koelma • Future ADHD (@future.adhd)</u></p> <p><u>Jesse J. Anderson (@adhdjesse)</u></p> <p><u>Hayley Honeyman (@hayley.honeyman)</u></p> <p><u>Katy Weber Women & ADHD (@womenandadhdpodcast)</u></p> <p><u>Le ADHD Hub ADHD Coach (@le_adhd_hub)</u></p> <p><u>Perry Nicholas Mandanis, M.D. ADHD (@perry.nicholas.mandanis)</u></p> <p><u>Rich & Rox • ADHD Love (@adhd_love_)</u></p> <p><u>Saša Harper ADHD Coach (@sasaharper)</u></p> <p><u>Skye Waterson née Rapson (MA, PG Cert Public Health) (@unconventionalorganisation)</u></p> <p><u>Understood ADHD, Dyslexia and more (@understoodorg)</u></p>
ADHD and autism	<p><u>BRANDY AND MATT (@the.chronic.couple)</u></p> <p><u>Dr. Neff, Autistic-ADHD Psychologist (@neurodivergent_insights)</u></p> <p><u>GEM (@neurodivergent_researcher)</u></p> <p><u>Growth Couple - Jen & Ryan - Neurodiversity (@growthcouple)</u></p> <p><u>Neurodiversity Affirming Mom (@iwanttotellyoubooks)</u></p> <p><u>Structured Success (@structuredsucc)</u></p>
Autism	<p><u>Andi Putt • Autism • Speech Therapy (@mrsspeechiep)</u></p> <p><u>Autism Society Of Oregon (@autismsocietyor)</u></p> <p><u>Cheryl Lyth (@oscars_autismjourney)</u> <u>Lily (@fidgetsandstims)</u></p> <p><u>Hiki App (@hikiapp)</u></p> <p><u>Neurodiversity Affirming Mom (@iwanttotellyoubooks)</u></p> <p><u>Nicole Filippone, Author (@sensorystoriesbynicole)</u></p> <p><u>Lou Autism (@neurodivergent_lou)</u></p> <p><u>Thomas Henley (@thomashenleyuk)</u></p> <p><u>Yo Samdy Sam (@yosamdysam)</u></p> <p><u>Rachel Dorsey (@rdorseyslpl)</u></p>

Instagram (continued)

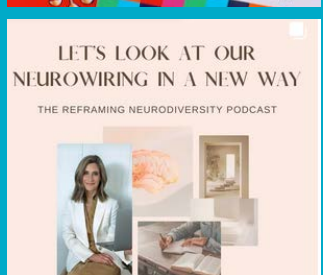
Resources for Everyday Living: Instagram

Autism, ADHD, and OCD	Emily (@itsefamilykaty)
Anxiety	Alison Seponara, MS, LPC (@theanxietyhealer) Anita Perry Your Neurospicy Bestie (@sugarandsloth) Haley Ostrow, LCSW Anxiety Therapist (@your.anxious.therapist) How to Beat Anxiety Blog (@howtobeatanxietyblog) The Mental Helper (@mentalhelperhq) Sissy Goff (@sissygoff)
Bipolar disorder	Bipolar Disorder Inspirations (@bipolar_inspirations) Depression & Bipolar Support Alliance (@dbsalliance) Ollie Clouds (@bipolar_2_life)
Body dysmorphic disorder	The BDD Foundation (@bddfoundation) Dr Toni Pikoos, PhD - Body Dysmorphic Disorder (BDD) Therapist (@thebddtherapist)
Borderline personality disorder	Borderline Personality (@bpd_goddess) BPD Awareness (@borderlinepd_awareness)
Dissociative personality disorder	DissociaDID (@dissociadid) dissociative day dreamer (@dissociativedaydreamer)
Dysgraphia	Dysgraphia Life (@dysgraphialife)
Dyslexia	Casey Harrison The Dyslexia Classroom® (@thedyslexiaclassroom) Dyslexia Center Of Utah (@dyslexiacenterofutah) MADE BY DYSLEXIA (@madebydyslexia) Understood ADHD, Dyslexia and more (@understoodorg)
Eating disorders	BALANCE eating disorder center (@balancedctx) Ciandra Birnbaum Eating Disorder Recovery Coach (@flourishwithciandra) emily (@emilyfindsfreedom) Natalie Rose Eating Disorder Therapist (@wakeupandsmelltherosay)
Family relationships	whitney goodman Imft (@sitwithwhit)

Instagram (continued)

Resources for Everyday Living: Instagram

<p>General</p>	<p>Annabel Tannenbaum (@thrivingmindseducation)</p> <p>Delta Genesis (@delta_genesis)</p> <p>I Am Paying Attention the badass neurodivergent community (@iampayingattention)</p> <p>Learn with Dr. Emily (@emilywkingphd)</p> <p>Melissa Jackson Neurodiversity Advocate (@neurodiversity_advocate)</p> <p>Neurodivergent Resource Library (@neurodive.library)</p> <p>Sivan Hong (@sivan_hong_author)</p> <p>Susan J (@neurodivergent_positivity)</p> <p>Teaching with a Difference (@teachingwithadifference)</p> <p>Yulika Forman, PhD, LMHC (@theexpertally)</p>
<p>Hyperlexia</p>	<p>Sebastian (@little.einstein)</p> <p>Dyan - Hyperlexia Educator & Coach (@andnextcomes!)</p>
<p>Language learning</p>	<p>Katja Piscitelli Echolalia & Gestalt Language (@bohospeechie)</p>
<p>Learning disorders</p>	<p>Child Mind Institute (@childmindinstitute)</p>
<p>Mental health and self-care</p>	<p>KC Davis (@strugglecare)</p> <p>MOTHERHOOD REDEFINED® (@motherhoodredefined.co)</p>
<p>OCD</p>	<p>Adrienne Marcellus, Queer OCD & AuDHD Therapist (@allforthedopamine)</p> <p>Alegra Kastens NY Therapist OCD Specialist (@alegrakastens)</p> <p>Alexandra R. - OCD & Anxiety Support (@alexandraisobsessed)</p> <p>International OCD Foundation (@iocdf)</p> <p>Nathan Peterson (@ocdandanxietyonline)</p> <p>The OCD Stories (@theoecdstories)</p>



Instagram (continued)

Resources for Everyday Living: Instagram

Parenting	<p>Carol Kim (@parenting.resilience)</p> <p>Christel - Parenting Coach (@survivingtothriving1)</p> <p>CONSCIOUS PARENTING EDUCATOR - Shelly Robinson (@raising_yourself) Destini Davis Certified Parent Coach (@destini.ann)</p> <p>Jessica Milburn (@responsive_parenting)</p> <p>Julie Walter (@familyyields)</p> <p>Laura Petix Neurodivergent parenting (@theotbutterfly)</p> <p>Maggie Nick, LCSW Mama, Trauma Therapist + Inner Critic Expert (@maggiewithperspectacles)</p> <p>Megan Champion / Mothers Together Community (@on.the.hard.days)</p> <p>neurowild</p> <p>ParentsTogether (@parentstogether)</p> <p>Raise Good Kids (@raisegoodkids)</p>
Schizophrenia	<p>Rose Parker Psychosis Info (@psychosispositivity)</p>
Sensory processing disorder	<p>SPD Parent Support -Jeanette (@sensoryprocessingspdps)</p>
Sensory training	<p>Dr. Becky Kennedy Parenting (@drbeckyatgoodinside)</p> <p>Jessie Ginsburg Sensory SLP (@sensory.slp)</p>
Tourette syndrome	<p>Otters Have Pockets (@otters.have.pockets)</p> <p>Tics n Tatts (@ticsntatts)</p>
Trauma	<p>CPTSD Foundation (@cptsdfoundation)</p> <p>C-PTSD Survival Guide (@cptsdsurvivalguide)</p> <p>dissociative day dreamer (@dissociativedaydreamer)</p> <p>Fanny Priest (@the.trauma.witch)</p> <p>Kristen Toth Embodied Healing from Trauma (@ourembodiedhealing)</p> <p>Linda Meredith Ctrc-s (@healingfromcomplexptsd)</p> <p>Morgan Pommells (@morganpommells)</p> <p>Sara Bryan, LPC (@bryancounselinginc)</p> <p>Supporting trauma survivors (@cptsd_support)</p> <p>Trauma Aware Care (@traumaawarecare)</p>

Apps

Manage anxiety:

Clear Fear

[App store](#) | [Google Play](#)

Calm sounds, guided meditations, and bedtime stories:

BetterSleep

[App store](#) | [Google Play](#)

Meditation for sleep and anxiety:

Insight Timer

[App store](#) | [Google Play](#)

Sleep, meditation, relaxation:

Calm

[App store](#) | [Google Play](#)

Daily journal and habit tracker:

Finch: Self Care Pet

[App Store](#) | [Google Play](#)

Self-harm tracker:

Calm Urge

[App Store](#) | [Google Play](#)

Manage money in one place:

YNAB

[App Store](#) | [Google Play](#) | [Desktop](#)

Tiny dolls to remove anxiety:

Worrydolls

[App store](#) | [Google Play](#)

Self-care fidgeter (relax, fidget, tap, journal):

Tappy

[App store](#)

Mood tracker and daily quotes:

Reflectly

[App store](#) | [Google Play](#)

Complete daily tasks (for younger kids):

Joon

[App Store](#) | [Google Play Store](#)

Medicine and symptom tracker for ADHD:

Health Storylines

[App Store](#) | [Google Play Store](#)

ADHD help for parents:

Wunder

[App Store](#) | [Google Play](#)

Eating disorders:

Rise Up and Recover

[Google Play](#)

Eating disorder management (meal logs, coping skills):

Recovery Record

[App store](#) | [Google Play](#)

Sobriety counter:

Sober Time

[App store](#) | [Google Play](#)

Mood tracker:

Daylio Journal:

[App store](#) | [Google Play](#)

Improve memory for teens/ tweens:

NuerNaation

[App Store](#) | [Google Play Store](#)

Fill learning gaps for pre-K through college:

Khan Academy

[App Store](#) | [Google Play](#)

Picture exchange communication system cards for autism:

Card Talk

[App Store](#) | [Google Play](#)

Body doubling app:

dubbii

[App Store](#) | [Google Play](#)

Podcasts

ADHD: The ADHD Adults Podcast
[Apple Podcasts](#)

ADHD: ADHD for Smart A** Women with Tracy Otsuka
[Apple Podcasts](#)

ADHD: The ADHD Women's Wellbeing Podcast
[Apple Podcasts](#)

ADHD: Busy Bee with ADHD Podcast
[Spotify](#)

ADHD: [Future ADHD with Grace Koelma](#)

ADHD: I Have ADHD Podcast
[Apple Podcasts](#)

ADHD: [Women & ADHD Podcast](#)

Autism: [Autism and Neurodiversity with Jason & Debbie](#)

Autism: [Autism Empowerment Podcast](#)

Autism: The Chronic Couple
[Spotify](#)

Autism: Neurodiverse Love: Sharing Lessons Learned and Lived Experiences in Neurodiverse Relationships
[Apple Podcasts](#)

Autism: The Full Potential: Thriving with Neurodiversities Podcast
[Apple Podcasts](#)

Autism and women: Spectrumly Speaking (for women on the autism spectrum)
[Apple Podcasts](#)

Career: Divine Enigma
[Apple Podcasts](#)

Dyslexia: Dyslexia Explored
[Apple Podcasts](#)

Dyslexia: The Dyslexia Life Hacks Show
[Apple Podcasts](#)

Dyslexia: Dyslexia Mom Life
[Apple Podcasts](#)

Dyslexia: Truth About Dyslexia
[Apple Podcasts](#) | [Google Podcasts](#) | [Spotify](#)

Eating disorders: ED Matters
[Apple Podcasts](#)

General: The Neurodivergent Woman Podcast
[Apple Podcasts](#)

General: Neurodiverse Conversations and Connections
[Apple Podcasts](#)

General: Neurodiversity Podcast
[Apple Podcasts](#)

Learning disabilities: [The LDA Podcast](#)

Mental health and self-care: [On the Hard Days](#)

OCD: [The OCD Stories](#)

Parenting: [Good Inside with Dr. Becky](#)

Parenting: Parenting in the NeuroDiverse Universe
[Apple Podcasts](#)

Parents and teachers: Learn with Dr. Emily
[Apple Podcasts](#)

Relationships: Myth Busting Neurodiverse Relationships
[Apple Podcasts](#)

Relationships: Neurodiverse Love
[Apple Podcasts](#)

Schizophrenia: [PsychosisPositivity](#)