Useful links for Adult Autism:

These are structured programmes that focus on improving wellbeing.

Topics covered include low mood, resilience, stress and sleep. Particularly useful is the module that teaches people to manage social anxiety (which may include autistic adults experience).

The Silvercloud modules can be accessed at this link:

<https://shorturl.at/kAGJP>

The module relating to social anxiety can be accessed here:

<https://shorturl.at/acJS2>

An official autism diagnosis isn’t always necessary to access help and support. If you encounter day-to-day challenges that maybe related to autism, there are organisations such as The National Autistic Society that provide valuable support. Details of all they offer can be found on their website, [www.autism.org.uk](http://www.autism.org.uk) or Telephone 0141 221 8090.

Scottish Autism – is based in Alloa and has a Mental Health support called Affinity, a helpline and various other services, [www.scottishautism.org](http://www.scottishautism.org) or Telephone 01259 222022 or Email [advice@scottishautism.org](mailto:advice@scottishautism.org)

Scottish Autism also run ‘right click’ a women and girls online programme – <http://shorturl.at/cgJW7>

This resource can allow a female to get a viewpoint from other women who understand what autism means to them. The content covers some of the most common topics of being an autistic female and has been contributed to by a high proportion of autistic females.

In addition to the women and girls programme there is also the standard Right Click programme:

<http://shorturl.at/rEVO5>

This is a free five-week online programme which separates information and help for children, teens and adults (and is appropriate for males).

The organisation Scottish Women’s Autism Network (SWAN) run a range of events and activities, both in person and online including local meet-up groups, online peer support, pre-and post-diagnosis groups and wellbeing webinars.

<http://swanscotland.org/>