

Recommended reading

Anxiety

- MIND. 'Understanding anxiety' booklet. Available from www.mind.org.uk
- NAS. 'Anxiety in adults with an autism spectrum disorder' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.
- Dunn Buron, K. (2008). *When my worries get too big: A relaxation book for children who worry a lot*. London: NAS

Attention deficit hyperactivity disorder (ADHD)

- NAS. 'ADHD (attention deficit hyperactivity disorder)' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004
- MIND. 'Understanding ADHD' booklet. Available from www.mind.org.uk

Behaviour

- Al-Ghani, K. I. (2008). *The red beast: Controlling anger in children with Asperger syndrome*. London: JKP
- Clements, J. (2005). *People with autism behaving badly: Helping people with ASD move on from behavioural and emotional challenges*. London: JKP
- Clements, J. and Zarkowska, E. (2000). *Behavioural concerns and ASD*. London: JKP
- Dunn Buron, K. (2008). *The incredible 5-point scale*. London: NAS
- Smith Myles, B. and Southwick, J. (2000). *Asperger syndrome and difficult moments: Practical solutions for tantrums, rage and meltdown*. London: Autism Asperger publishing company
- NAS. 'Understanding behaviour' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.

Bereavement

- MIND. 'Understanding bereavement' booklet. Available from www.mind.org.uk
- NAS. 'Death, bereavement and autism spectrum disorders' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.

Counselling and psychotherapy

- NAS. 'Counselling' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.
- Attwood, T. (2004). *Exploring feelings: CBT to manage anxiety*. London: Future horizons
- MIND. 'Making sense of counselling' booklet. Available from www.mind.org.uk
- MIND. 'Making sense of psychotherapy and psychoanalysis' booklet. Available from www.mind.org.uk

Depression

- MIND. 'Understanding depression' booklet. Available from www.mind.org.uk

Diet

- MIND. 'Mind guide to food and mood' booklet. Available from www.mind.org.uk
- NAS. 'Dietary management for children and adolescents with ASDs: restricted diet' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.
- NAS. 'Dietary management for children and adolescents with ASDs: over-eating' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.

Divorce

- Tufnell, G. (2003). *Keeping in touch: How to help your child after separation or divorce*. London: Young minds

Explaining ASD to a child

- Elder, J. (2006). *Different like me: My book of autism heroes*. London: JKP
- Pike, R. (2008). *Talking together about an autism diagnosis: A guide for parents and carers of children with ASD* London: NAS
- Vermeleulen, P. (2000). *I am special: Introducing children and young people to their autistic spectrum disorder* London: JKP

Mental health

- Deudney, C. and Shah, A. (2004). *Mental health in people with Asperger syndrome: A guide for health professionals*. London: NAS. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.

- The Mental Health Foundation (2010). *How to look after your mental health*. Available from www.mentalhealth.org.uk

Obsessive compulsive disorder (OCD)

- MIND. 'Understanding obsessive-compulsive disorder (OCD)' booklet. Available from www.mind.org.uk

Sensory issues

- NAS. 'The sensory world of the autism spectrum' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.
- NAS. 'Environment and surroundings: introduction' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.

Schizophrenia

- MIND. 'Understanding schizophrenia' booklet. Available from www.mind.org.uk

Therapies

- NAS. 'Music therapy' information sheet. Available from www.autism.org.uk/a-z or order a free copy by contacting the Autism Helpline on 0845 070 4004.
- MIND website, 'Arts therapies'. Available from www.mind.org.uk