Books

Aspergirls: Empowering Females with Asperger Syndrome
by Rudy Simone
Provides valuable insight into a misunderstood and under-diagnosed population.

Your Brain at Work
by David Rock, CEO of Neuroleadership Institute
Here we get insight into research about the brain’s function, limitations and capacities, and its lessons on how we can “direct” our brain chemistry in order to achieve fulfillment and success.

Maybe You Should Talk to Someone
by Lori Gottlieb, MFT
A humorous memoir written by a therapist who herself decides to seek a therapist after an abrupt life change; she brings her perspectives both as a therapist and patient and this work exemplifies why the stigma around seeking professional help needs to end.

Plan B
by Sheryl Sandberg & Adam Grant
Plan B offers compelling insights for dealing with hardships in our own lives and helping others in crises.

Anxiety for Beginners
by Eleanor Morgan
Morgan not only explores the roots of her own anxiety, but also investigates what might be contributing to the suffering of so many of us around the world.

Change Your Thinking
by Sarah Edelman, PhD
This is a guide to managing emotions. It provides practical strategies for overcoming negative thoughts and behaviors. It also describes techniques for enhancing self-esteem, developing communication skills, and developing greater personal happiness.

I Had a Black Dog AKA Living with a Black Dog
by Matthew Johnstone
Winston Churchill made the phrase ‘Black Dog’ with reference to bouts of depression famous. Matthew Johnstone, a sufferer of depression, has written and illustrated this insight into what it is like to have a Black Dog as companion.
RESOURCE GUIDE
Neurodiversity & Mental Health

Video games

Celeste
by Matt Thorson and Noel Berry, with art of the Brazilian Studio MiniBoss
There aren’t many games that deal with anxiety, depression, and self-loathing, especially from a female perspective. And the game is one of the best platformer games you will ever play, with incredible music.

Podcasts & TED talks

TED Talk: The Autism Spectrum
11 talks which explore the science of autism and stories from people who live with it.

TED Talk: Neurodiversity – the key that unlocked my world
by Elisabeth Wiklander
In this TED Talk Elisabeth Wiklander speaks about her journey with autism, how she does not identify with the word “disabled”, and how embracing “neurodiversity” instead has helped her overcome the ignorance and stigma that she’s faced in her life.

TED Talk: The Secret of Becoming Mentally Strong
by Amy Morin
Everyone has the ability to build mental strength, but most people don’t know how. We spend a lot of time talking about physical strength and physical health, but much less time on mental strength and mental health.

TED Talk: Beautiful Minds are Free of Fear
by Robert Grant
Robert E. Grant is sharing what makes beautiful mind: any moment free from fear is an opportunity to taste immortality and new possibilities.

TED Talk: The Skill of Self Confidence
by Dr. Ivan Joseph
As the Athletic Director and head coach of the Varsity Soccer team at Ryerson University, Dr. Joseph is often asked what skills he is searching for as a recruiter. In Dr. Joseph’s TEDx Talk, he explores self confidence and how it is not just the most important skill in athletics, but in our lives.
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Podcasts & TED talks

I’m Listening Series (currently unavailable in the EU)
This podcast seeks to end the stigma of talking about mental health by interviewing musicians and celebrities world wide about their personal experiences with mental health challenges.

Careers and Mental Health
This is a series of conversations podcasts in which a range of topics is discussed focused on the modern work environment, career guidance, and mental health in Australia.

Films & Television

Film: Eternal Sunshine of the Spotless Mind
by Michel Gondry
This movies deals with anxiety, bipolar disorder, and can also be seen as a metaphor for Alzheimer’s Disease.

Film: Inside out
by Pete Doctor
An animated film about Riley, a little girl moving across the country and she has to learn to deal with her emotions; Joy, Fear, Anger, Disgust, and Sadness. The movie addresses emotions, personality, and their psychological foundation.

TV-show: BoJack Horseman
by Raphael Bob-Waksberg
This animated Netflix show offers some of the most realistic portrayals of mental illness, the internal struggles and moments of self-awareness.

TV-show: 13 Reasons Why
by Brian Yorkey
A Netflix show about a teenage girl Hannah who, after battling mental health issues and depression, decides to take her own life. NOTE: Please reference the 13 Reasons Why Resource Guide before watching this show with your family.

TV-show: Atypical
by Robia Rashid
A Netflix show about Sam, an 18 year boy diagnosed with autism spectrum disorder of high functionalities and of what this supposes for his family and surroundings.
Blogs, press and websites

https://medium.com/tech-disability-project
Stories by people who work in tech and experience illness, injury or disability – whether temporary or chronic, visible or invisible.

https://osmihelp.org/
This non-profit, 501(c)(3) corporation is dedicated to raising awareness, education, and providing resources to support mental wellness in the tech and open source communities.

https://www.time-to-change.org.uk/
Time to Change is a growing social movement working to change the way we all think and act about mental health problems.

www.nami.org
The National Alliance on Mental Illness is America’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

https://socialworklicensemap.com/mental-health-resources-list/
A comprehensive list of resources for anyone seeking information about and/or help for a range of mental health issues.

https://www.mentalhealthfirstaid.org/mental-health-resources/
US based resources to use if you or someone you know is experiencing a mental health or substance use problem.

https://www.good.is/articles/support-and-positivity
A helpful chart to explain the difference between support and ‘toxic positivity.’ This article defines and differentiates support and “toxic positivity”, while also providing suggestions for supportive phrases.

https://depressiontrafficlights.com/
This website provides a new framework for understanding, speaking about, and combatting depression.

https://bringchange2mind.org/
This group has a “Talk Tool” that helps you talk about your mental health with others (e.g. How to talk about “Anxiety” with a “Partner”).
RESOURCES GUIDE
Neurodiversity & Mental Health

Blogs, press and websites

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. There is a section on children and mental health as well.

With diagnoses and treatment lacking, non-profit strives to raise awareness of OCD in Japan.

Here you can do an online assessment and find a treatment for anxiety and depression.

If you are trying to improve your mental health, or support someone who is, Head to Health provides links to Australian resources.

Despite a talent shortage and promises of disability inclusion, many businesses still overlook hiring people with disabilities.

https://www.instagram.com/danidonovan/
Cartoons on ADHD and anxiety.

https://www.gemmacorrell.com
Gemma Correll creates really relatable comics about anxiety.