

# Neurodiversity, ADHD, ASD Resources



## Recommended services to access support

- Autism Connect- National Autism hotline, free and confidential 8:00 AM- 7:00 PM Monday to Friday. (Not a crisis services) 1300 308 699 also offer live webchat.
- [Yellow Ladybugs](#)- A support group for parents of autistic girls & gender- diverse kids- there are great free resources on the website.
- [ADHD Support Australia](#)- Resources for children
- [Divergent Futures](#)

## Practical tools/resources

- [Dad film](#)- A video that explores 12 Aussie dads and their experiences of parenting their children with ASD. Also has resources and links to websites, podcasts, forums as well as books.

## Useful Websites

- [Amaze](#)
- [I CAN](#)- Australia's Largest Autistic led Organisation- Mentoring programs, school and wellbeing resources, professional development, gaming and in school programs.
- [Raising Children Network](#)- Autism Hub
- [Autism Awareness Australia](#)
- [ADHD Foundation](#)
- [ADHD Australia](#)
- [Autism CRC](#)
- National ADHD hotline: Ph: 1300 39 39 19
- The Royal Children's Hospital – tips for supporting children with ADHD at home and school.
- Emerging Minds
- <https://www.mackillop.org.au/uploads/Service-documents/Child-youth-and-family/Parenting-education/ADHD-Resources.pdf>
- <https://www.cahs.health.wa.gov.au/Our-services/Community-Health/Child-Development-Service/Neurodiversity/Attention-regulation-concentration>
- <https://www.learninglinks.org.au/resources/adhd-in-the-classroom/>
- <https://www.pregnancybirthbaby.org.au/caring-for-a-child-with-attention-deficit-hyperactive-disorder-adhd>
- <https://aifs.gov.au/resources/practice-guides/understanding-why-some-autistic-children-use-potentially-harmful>

## **Info for CALD families**

- [Autism Connect](#)- request for interpreter



### First Nations

- [Positive partnerships](#)- Providing support, building awareness and understanding of autism in First Nations communities across Australia.
- [First Peoples Disability Network](#)- National peak organisation for First Nations people with disability, their families and communities. Owned and operated by First Nations people with disability, supported by allies with lived experience of disability.
- <https://www.schools.vic.gov.au/koorie-engagement-support-officers>

### School Resources

- [Amaze](#)- School Can't resources. The My School Experience toolkit was developed to support parents and carers to understand their child's experiences with school can't. It contains prompts for families when discussing school can't with their child, focussing not just on stressors but their child's strengths.
- Requesting an Individual Education Plan (IEP). The school can tailor a plan to support with learning goals and reasonable adjustments.
- <https://smaconnect.org.au/wp-content/uploads/2025/11/School-Cant-Parent-and-Carer-Resource-pt.-1-Understanding-and-identifying-the-early-signs.pdf>
- <https://schools.au.reachout.com/student-wellbeing/part-1-understanding-school-refusal>
- <https://www.vcaa.vic.edu.au/curriculum/early-years/curriculum-resources/support-english-additional-language/support-children-english-additional-language-transition-school>

### Books for neurodiverse children

- Isaac and his amazing autism superpowers
- My brain is a race car
- My cats are on the autism spectrum
- The brain forest
- Jassy Bear