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The Guide to Good Mental Health on the Autism Spectrum

Jeanette Purkis, Emma Goodall, Jane Nugent

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The Guide to Good Mental Health on the Autism Spectrum Jeanette Purkis, Emma Goodall, Jane Nugent Filled with strategies and advice, this empowering guide presents practical ways to improve the mental wellbeing of people on the Autism Spectrum.

This helpful guide focusses on the specific difficulties that can arise for people on the autism spectrum who may also experience a mental illness. The book includes information on common mental health issues, such as depression and anxiety, as well as strategies for improving sleep patterns and mindfulness. Providing guidance on the benefits and drawbacks of therapy pets, medication, and psychotherapy, the authors offer balanced perspectives on treatment options and introduce self-help strategies tailored to meet your needs and improve your mental wellbeing. A number of short personal narratives from people on the autism spectrum and mental health issues illustrate the text.

The book also includes a list of resources, books and organisations that can provide further support and inspiration.

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