

## Links to resources produced by Viv Dawes Autistic Advocate regarding autistic burnout



### **Books:**

- Supporting Children and Young People Through Autistic Burnout (A Workbook For Parents Of Autistic Children)
- Understanding Autistic Burnout (for Autistic adults)
- Understanding autistic meltdowns and autistic burnout for first responders
- My child/teen has been identified as Autistic: A book for parents or anyone wanting to understand Autism

### **Downloads**

- Supporting children and young people through autistic burnout
- Understanding autistic burnout

## **Information from my website regarding Autistic burnout and Extreme burnout crisis**

- Understanding Extreme Burnout Crisis
- Free leaflet regarding Autistic burnout and Extreme burnout crisis
- Booklet about Extreme burnout crisis
- Article on Papyrus website regarding autistic burnout

## **Webinar recordings and support group**

- Webinar recording plans and a support group for parents

## **One to one sessions**

- One to one sessions with Viv Dawes for autistic adults or parents of ND children



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