

Resources to support practitioners working with young people with ASD/ADHD

The following list was compiled by agencies who participated in this Program Snapshot workshop on 16/11/21.

Video resources

Young people experiencing sensory overload

- [Can you make it to the end? - YouTube](#)
- [Sensory Overload - YouTube](#)
- [How I Get Through an Autistic Meltdown | HealthyPlace - YouTube](#)

Understanding the body's responses

- [Dan Siegel: The Purpose of the Teenage Brain - YouTube](#)
- [Daniel Siegel Hand Model - YouTube](#)
- [Fight Flight Freeze – A Guide to Anxiety for Kids - YouTube](#)

Information/tip sheets

- <https://raisingchildren.net.au/autism/teenagers-autism-videos/interventions-for-autistic-teens-stories>
- [Tip Sheet - Sue Larkey](#)

Other support organisations

- [Women and girls | Autism Awareness Australia](#)
- [Behavioural Neurotherapy Clinic](#)
- [Amaze — Shaping the future for autism](#)
- [Yellow Ladybugs](#)
- [Kids Matter](#)