

Mental Health and Autism Resources

[Mental Health Literacy Guide for Autism \(yorku.ca\)](#)

This detailed online resource provides a comprehensive overview of autism and mental health, including what types of mental health challenges Autistic people face and how to support them

[Autism in the Workplace - Mental Health Discussion with Dr. Bailey – YouTube](#)

This talk, by a clinician who supports Autistic employees, focuses on how workplaces can help or hinder mental health for Autistic employees, and provides suggestions for Autistic employee success.

[Inclusive Workplace Practices | Disability Resource Center \(arizona.edu\)](#)

This website explains the benefits and principles of Universal Design in workplaces, and provides examples of strategies for inclusive design in the workplace (not autism specific)

[Trauma Informed Care | Alberta Health Services](#)

Module 1 of this online learning course provides an excellent introduction to Trauma Informed Care.

[Trauma in organizations \(workplacestrategiesformentalhealth.com\)](#)

This website provides an overview of how trauma can happen in organizations and organizational strategies to prevent and respond to trauma (not autism specific)

