

A PLACE FOR MY HEAD

Autism

Thanks to Adam for helping with this one

Autism is defined as a neurodevelopmental condition where people may struggle with social interaction, social communication and repetitive behaviour(s). It can be like being different to everyone but also being similar to a small percentage of the population. It can be like having a totally different way of thinking, processing, acting and reacting, like you're a human but not 'normal'. Autistic people can be more likely to experience anxiety and depression. They may also have difficulties with expressing and regulating emotion.

WHAT HELPS?

Support - Having a GP, friends, family, work colleagues and loved ones that are willing to learn about autism and adapt their environments and behaviours to the needs of the autistic person.

Self-care - maintaining personal hygiene, taking time out where needed, getting support for social and communication skills to help others understand your needs in school/work. Talking to people you trust can help.

Self-Help - using YouTube can help to listen to other people's experiences of autism e.g. Aspergers From The Inside - <https://www.youtube.com/channel/UC-FpBZR7DbpvNj5UrFN8qUA>

Access to peer support groups - Talking to people with similar experiences can help so that you don't feel alone/isolated e.g. Facebook groups such as Autism Nottingham

SONGS ABOUT AUTISM

Autism Bandcamp - All songs. Immersion album is about the struggles of anxiety and self doubt.

The Autistix - <https://www.youtube.com/user/TheAutistiX>

Lyria - The Rain - <https://metaladdicts.com/lyria-releases-autism-themed-music-video>
Red Lamb - Puzzle Box

RESOURCES FOR AUTISM

HMT playlists - Anxiety and Anger are playlists which may help people with autism process difficult and frustrating emotions where they may feel overwhelmed.

National Autistic Society - If you want further information about what autism is, please visit <https://www.autism.org.uk/advice-and-guidance/what-is-autism>

Projects by Autistic People - **The Curly Hair Project** and **The Aspie World** are both projects ran by people with Autism which offer free resources around Autism and other related conditions such as ADHD, dyslexia and OCD.

Social Media - Autism Facebook groups such as Autism Nottingham

NHS - <https://www.nhs.uk/conditions/autism/what-is-autism/>

HMT website - See our website for the story of Melissa and the Iron Giant to read about autism <https://heavymetaltherapy.co.uk/theirongiant/>

Professional Support - If you are Autistic and want some professional advice and support please visit <https://www.nhs.uk/conditions/autism/support/>. If you are in the UK and need further advice around Autism or are seeking a diagnosis, you can seek a referral via your GP.

FOR MORE INFORMATION, PLEASE VISIT:

WWW.HEAVYMETALTHERAPY.CO.UK