**Useful online resources:**

**Disclaimer:** *Any links to websites maintained by other organisations are provided in good faith. Their inclusion does not imply that the National Autistic Society endorses, supports or recommends them.  
The National Autistic Society cannot control and is not responsible for the privacy practices of any site to which a link is provided. It is recommended that you read the privacy policy of any site you visit, particularly if you are asked to give personal data.*

**General:**

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| National Autistic Society | [www.autism.org.uk](http://www.autism.org.uk) | NAS main website |
| Autistica | <https://www.autistica.org.uk/> | Autism research charity |
| Autistic and Unapologetic | <https://autisticandunapologetic.com/> | Autism awareness |
| Peter Vermuelen | <https://petervermeulenblog.wordpress.com/> | Info about autism |
| Undercover Aspie | <https://undercoveraspie.wordpress.com/category/autism-spectrum-2/> | Blog from a member of our online community |

**General internet Safety:**

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| Cerebra – with Mencap and Ambitious About Autism | <https://www.ambitiousaboutautism.org.uk/sites/default/files/Learning_Disabilities_Autism_and_Internet_Safety_Parents_Guide_0.pdf> | Internet Safety – guide for parents/guardians |
| Touchpoint Solution | <https://thetouchpointsolution.com/blogs/touchpoints-blog/a-helpful-online-safety-guide-for-people-with-autism-spectrum-disorders> | Blog about being safe online. |

**For families:**

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| Carol Gray – social stories | <https://carolgraysocialstories.com/social-stories/> | Website all about social stories from the woman who created them. |
| Chatterpack | <https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers?fbclid=IwAR3SEvOJLkBJNGLjP8p5mdEnOPvB-5akNr29RRH2Ng-6sG2OfkkZ0EZzjTc#MainContent> | Free communication and SEND resources for parents. |
| GoNoodle | <http://family.gonoodle.com/> | Movement and mindfulness videos for children. |
| Minecraft | <https://education.minecraft.net/blog/microsoft-extends-access-to-minecraft-education-edition-and-resources-to-support-remote-learning/> | Education edition and resources. |
| Science Museum | <https://learning-resources.sciencemuseum.org.uk/resources/> | Activities, games and videos from the Museums. |
| Scouts | [www.scouts.co.uk/the-great-indoors](http://www.scouts.co.uk/the-great-indoors) | Indoor activity ideas. |
| Sunshine Support | <https://www.sunshine-support.org/> | Info for parents/carers and professionals. |
| Tate Gallery | <https://www.tate.org.uk/kids> | Makes, games and quizzes. |
| Twinkl | [www.twinkl.co.uk/resources/parents](http://www.twinkl.co.uk/resources/parents) | Useful printables for home use. |

**Social connections:**

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| Houseparty | <https://app.houseparty.com/login> | Group video chat. |
| Skype | <https://www.skype.com/en/> | Video chat. |
| Viber | <https://www.viber.com/> | Free and secure calls and messages. |
| Zoom | <https://zoom.us/> | Video chats and meetings. |

**Mental health:**

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| Anxiety UK | <https://www.anxietyuk.org.uk/> | Info about anxiety |
| Mind | <https://www.mind.org.uk/> | Info about mental health |

**For carers:**

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| Carers UK | <https://www.carersuk.org/> | Help and advice for carers. |
| Citizens Advice Bureau | <https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/> | Help and support for carers – plus for other circumstances. |