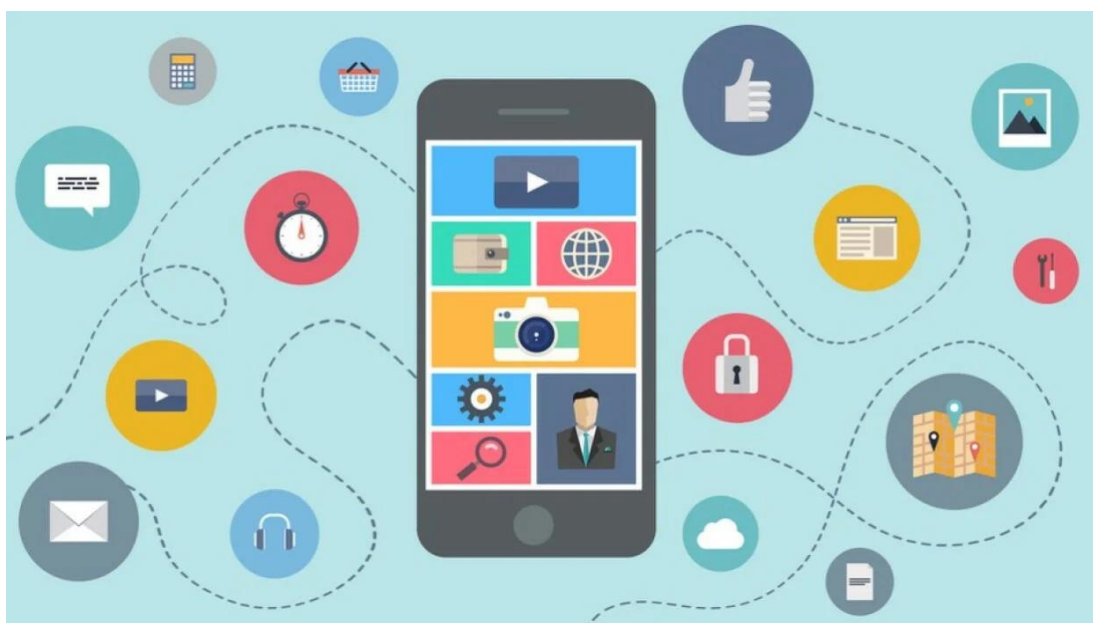


# USEFUL APPS, HELPLINES & WEBPAGES FOR AUTISTIC INDIVIDUALS



**Apps for Autistic Individuals**

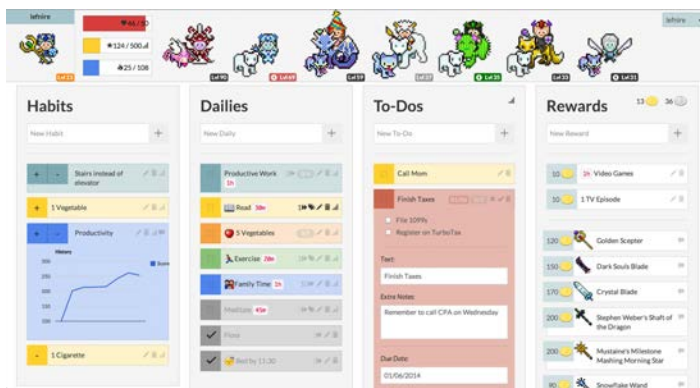
**Webpages for Autistic Individuals**

**Helplines for Autistic Individuals**

# Apps

There are lots of apps which can help with the challenges faced by Autistic individuals. Below is a range of apps and a brief summary of what they each do. Most of the ones listed are free to download, available on both iOS and Android unless it says otherwise in the description.

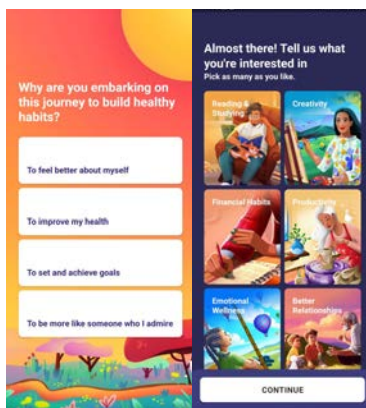
## Apps to Help with Habits and Productivity



### Habitica



This is a habit and productivity app that helps you achieve your goals by using game-like features. It has in-game rewards and punishments to motivate you and a strong social network to inspire you.

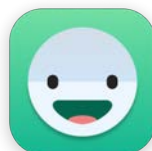


### Fabulous: Daily Habits

Fabulous is a self-care coaching app that harnesses the power and wisdom of behavioural science to help you develop lasting healthy habits. You'll learn how to create meaningful daily rituals and stack habits to create routines that guide you towards achieving all your goals.

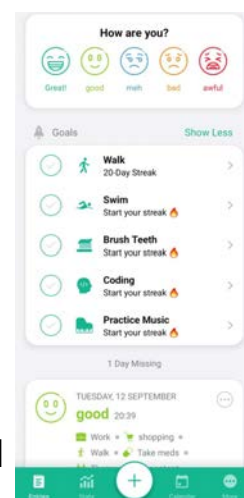


*I love Daylio! It's such a useful tracker and diary. It is an easy way of me keeping track of how I am feeling and events that have happened.*



### Daylio

A self-care bullet journal app with goals, mood diary and a happiness tracker. You can write updates about your day, include pictures and it provides stats and charts with the data you provide.





## Giggli Spectrum Autism




Giggli Spectrum Autism is an app originally designed to help children with Autism and ADHD. It can be a great tool to help adults too. It works by using visuals that makes it clear and easy to understand what and how to perform a task of the daily routine or schedule



## Goblin Tools

Goblin Tools is a collection of small, simple, single-task tools, mostly designed to help neurodivergent people with tasks they find overwhelming or difficult. For instance, you can enter a task you need to do it and it will automatically break it down into many small steps. It can be found free online or for less than £1 on the apple or google play app stores.


 goblin.tools







### Magic ToDo



[Help ?](#)



Breaking things down so you don't



Add new item... + 



☐ Tidy room  



▼ ☐ Pick up any items that are out of place and put them where they belong.  

☐ Dust surfaces and remove any visible dirt or debris.  

☐ Vacuum or sweep the floor to remove dust and dirt.  

☐ Organize any remaining clutter and straighten furniture.  

☐ Make the bed and fluff any pillows or cushions.  

☐ Wipe down any surfaces that need cleaning, such as countertops or mirrors.  

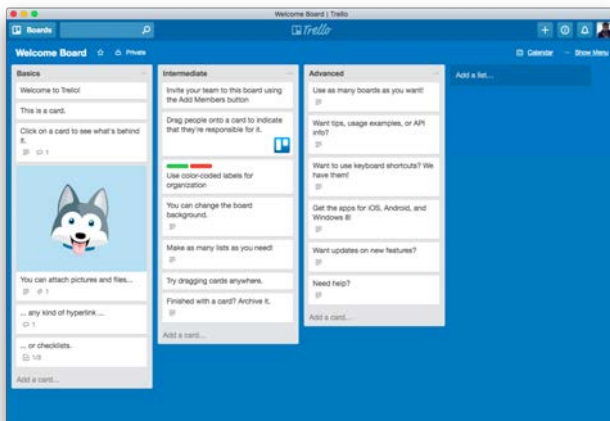
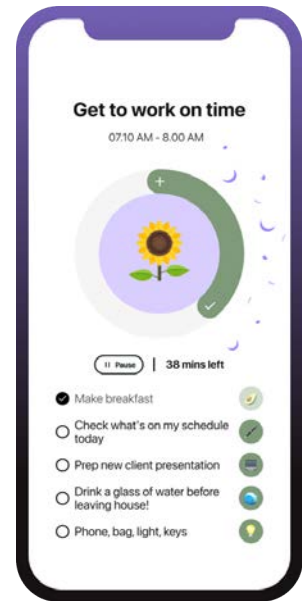
*I use this app when I am finding things challenging because it takes away the difficulty of thinking how to even start the task, or what mini tasks I can do without feeling overwhelmed.*

# Apps to Help with Time Management and Sleep



## Tiimo

Tiimo is a visual planning app that supports executive function (the ability to focus, remember and juggle multiple tasks) in people with ADHD, Autism, and anyone who struggles with getting things done.



## Trello

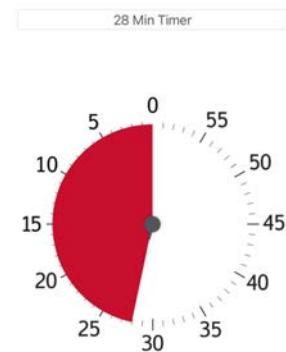


Trello is an organizing app which you can use to manage products and tasks. It can be used for personal or team use.



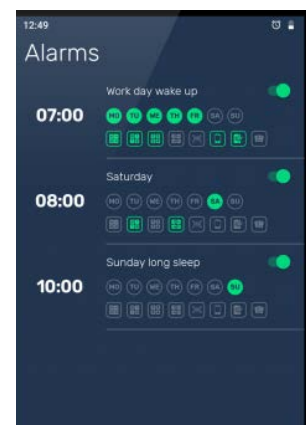
## Time Timer

Time Timer is used to visually see the passage of time with a visual timer. This may not be available on Android devices.



## I Can't Wake Up

An alarm clock with a difference - you can set it to ask you tasks to do once the alarm goes off to make sure you are awake and not just repetitively snoozing the alarm!





# Apps to Help with Mental Health and Mental Wellbeing



## **Calm**

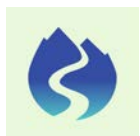
Calm is a meditation and mindfulness app with guided sessions from 3 to 25 minutes long. It can help you manage stress, sleep better, and find calmness in your life. It has specific programmes for anxiety, sleep, focus and gratitude.



## **Headspace**

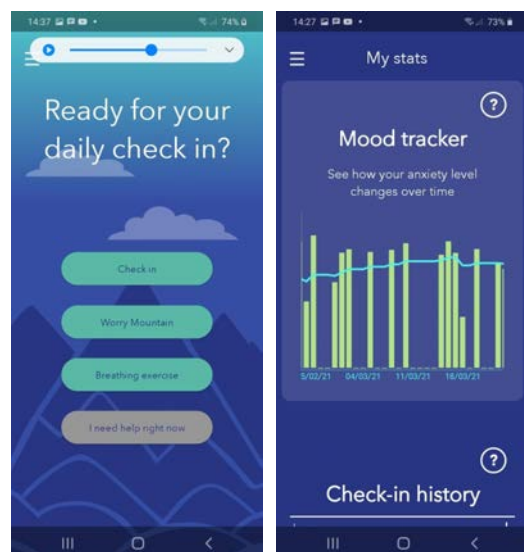


Headspace is an app that can help with sleep and meditation. It uses proven meditation and mindfulness techniques that can help you clear thoughts from your head, enjoy greater happiness, reduce stress and sleep better.



## **Molehill Mountain**

Molehill Mountain is an app to help autistic people understand and self-manage anxiety. You can use it to track your worries and triggers, get tips to help with anxiety and work through CBT-based exercises to help manage your feelings.

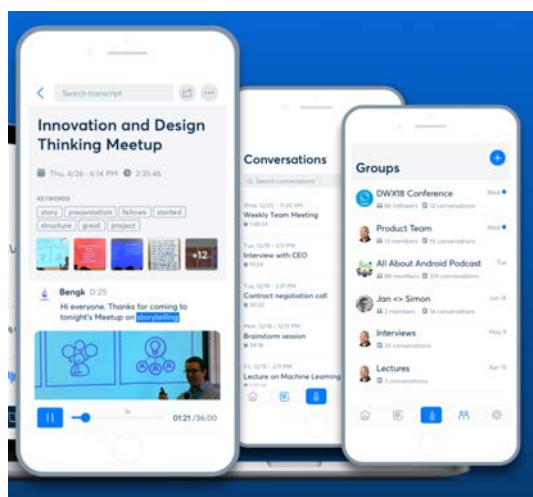
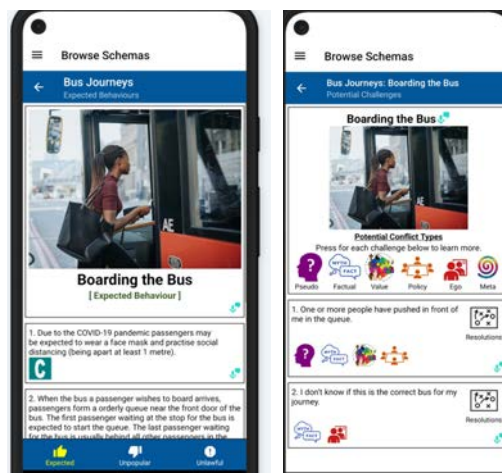


# Apps to help with Social Skills and Communication



## NeuroSchemas For Autism

NeuroSchemas is an app designed to help Autistic people understand unstated social rules in different social situations. It tells you about the potential challenges in the social situation and gives you potential tactics to manage these, as well as the expected behaviour.



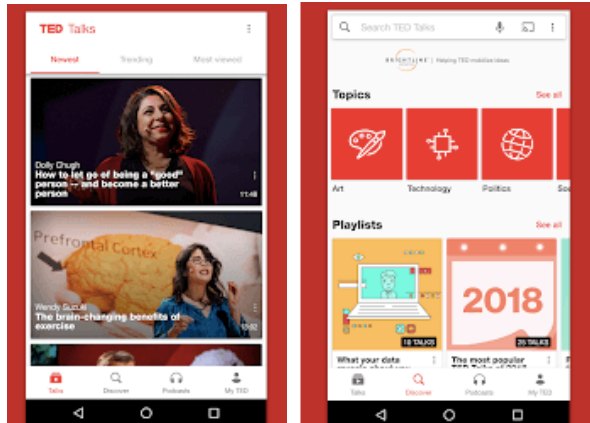
## Otter



Otter transcribes all your meetings, interviews, lectures, and everyday voice conversations in real time, so you can focus on the discussion. All notes can be edited and share, organised and searched. It can also automate tasks such as by inserting appointments into Google Calendar and connecting with other apps too.

*This app saves me lots of time and stress. I use it to transcribe lectures at uni and important meetings. Conversations and verbal communication takes a lot of my concentration so sometimes I don't fully recall all the essential info. Otter really helps me with this!*

# Apps to inspire and motivate you!



## TED Talks



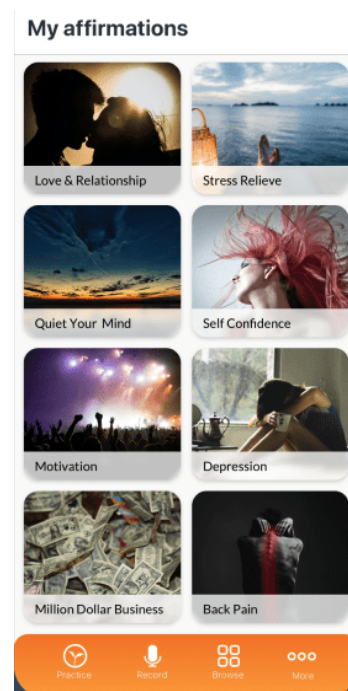
TED Talks are influential videos, each less than 18 minutes long, from expert speakers on education, business, science, tech and creativity. The TED app has over 3000 talks, sorted by topic, available for you to watch. You can get personalised recommendations and bookmark your favourite talks.

*TED Talks are inspiring. When I feel hopeless or bored, they are a great way of sparking interesting conversations and learning new stuff. TED Talks has even collated a playlist of talks about Autism, all of which are very motivating. It showed me that Autistic people can do amazing things!*



## Think Up

This app helps you to develop the motivation and the positive mindset you need to succeed, using positive affirmations in the most effective way. You can create a personalized affirmation loop in your own voice, as well as bookmarking your favourite affirmations.



# Websites

Listed below are some websites which can provide information and support around autism.

## **[www.autism.org.uk](http://www.autism.org.uk)**



This is the site for the National Autistic Society. It's vision is a society that works for autistic people, and it hopes to transform lives by providing support, information and practical advice, as well as changing attitudes about autism in the general public.

## **[www.autistica.org.uk](http://www.autistica.org.uk)**

This is the site for the UK's leading autism research and campaigning charities. It aims to enable autistic people to live a happier, healthier and longer life, by funding researching, developing services and campaigning for changes in policy.



## **[the-art-of-autism.com](http://the-art-of-autism.com)**

This is a non-profit collaboration of individuals who have come together to display the creative abilities of people on the autism spectrum and others who are neurodivergent. The Art of Autism accepts many art forms, including blog posts, art, poetry, videos, and book and film reviews.



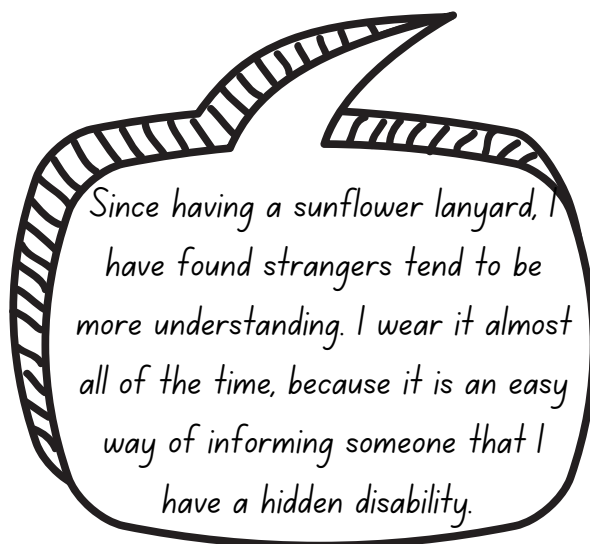


## **[www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)**

Ambitious about Autism is the national charity for autistic children and young people. They stand with autistic children, young people and their families to champion rights, campaign for change and create opportunities. For instance, they run specialist education services, help young people into employment, and do research, training and campaigning.



## **[www.hdsunflower.com](http://www.hdsunflower.com)**



The Hidden Disabilities Sunflower is a tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent, such as autism.

## **[autisticnotweird.com](http://autisticnotweird.com)**



This is a blog by Chris Bonello, an autistic advocate and it provides many interesting articles about autism and Asperger Syndrome.

**[thegirlwiththecurlyhair.co.uk](http://thegirlwiththecurlyhair.co.uk)**



The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. It provides resources and information for autistic people, as well as courses and animations.

*When I was first diagnosed as autistic, I read Alis Rowe's book. As a female with autism, it really helped me to understand my diagnosis and that I was not weird, just different!*

**[yourewelcomeglos.org](http://yourewelcomeglos.org)**



You're Welcome is an inclusive online directory and forum, to help find social events, clubs, groups and places to visit in and around Gloucestershire.

**[www.yourcircle.org.uk](http://www.yourcircle.org.uk)**

Your Circle is a directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire.



# Helplines

If you are going through a tough time and need someone to speak to urgently, there are the following helplines available which you can ring.

## Shout 85258



Shout 85258 is a free, confidential, anonymous text support service in the UK. It can help with anxiety, stress, depression, suicidal thoughts, loneliness, panic attacks and self-harm.

Text SHOUT to 85258 to start a conversation.

## Samaritans 116 123



The Samaritans provide a free phone which you can contact in moments of crisis or to help prevent crisis. They are available to listen without judgement or pressure for anyone who is struggling to cope.

Call 116 123 to talk to a Samaritan volunteer.

## HopeLine 0800 068 41 41



Hopeline provides a safe space for children and young people under that age of 35 who are experiencing thoughts of suicide.

Call 0800 068 4141 for confidential support and practical advice.

## Space for Notes:

## This leaflet was created by:

Zoe Mitchell

“ As an autistic individual myself, I have created this leaflet from a neurodivergent perspective whilst working for the CASA team. I hope you found it useful and informative. If you have any questions or suggestions, please talk to us! ”