

<https://www.facebook.com/groups/172742736208005/> - British Women with Aspergers – UK connect Group

Closed Facebook group for women 18+ who are either self-diagnosed, formally diagnosed, in the diagnostic process or strongly suspect they may have Aspergers Syndrome/ASD/ASC. Members must reside in the United Kingdom (or be born in the UK and now living overseas as an ex-pat). 'An online group like no other, where you can be yourself and safely express things.'

Anxiety and Depression:

Asperger Syndrome and Anxiety: A Guide to Successful Stress Management by Nick Dubin

Written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT).

Asperger's Syndrome and Anxiety: by the girl with the curly hair: Volume 8 (The Visual Guides) by Alis Rowe

Through a series of short narratives, diagrams and graphs, the author explains why certain situations make people with ASD anxious and provides strategies and coping mechanisms.

Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT by Lee Wilkinson.

Might be useful – gets mixed reviews. 'The author takes the best of CBT self-help strategies, to encourage self-analysis, and to help adults on the spectrum make better decisions in activities such as employment or relationships.'

The Autism Spectrum and Depression by Nick Dubin

Written specifically for adults with ASD, this ground-breaking book offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery.

Information for Partners:

<https://www.facebook.com/groups/AspergatedWives>

A Facebook support group for any woman living with any partner that is affected by Asperger's Syndrome whether formally diagnosed or not.

<http://help4aspergers.com/>

The website of Rudy Simone, author of '22 Things a Woman Must Know if She Loves a Man With Asperger Syndrome'

<https://www.actionforaspergers.org/asperger-marriage-counselling/>

An organisation which, amongst other things, provides counselling for couples and NT partners by individuals with a real understanding and knowledge of Asperger's Syndrome.

<https://psychcentral.com/lib/self-care-tips-for-those-married-to-someone-with-asperger-syndrome/>

Article by licensed psychologist Kathy Marshack, Ph.D. has worked as a marriage and family therapist for 34 years. Asperger Syndrome is one of her specialties, and she has counseled hundreds of couples, families and individuals who are on the Spectrum.

