

Helpful Websites (Evidence-Based + Community-Led)

TL;DR · QUICK SUMMARY

- A mix of clinical/research-based sites and community-led spaces gives the fullest picture.
- Evidence-based sites are useful for facts, diagnosis and clinical guidance.
- Community-led spaces are useful for lived experience, peer support and practical tips.
- Use both, and trust your own judgement about what resonates.

A Note Before You Read On

This resource offers general guidance and reflects common experience, not professional, legal, medical or financial advice. It is not a substitute for employment law, HR policy, occupational health guidance, or individual professional assessment. Every person's experience of neurodivergence is different, so please adapt anything here to your own situation. The Uniquely Wired Network does not accept liability for decisions, actions or outcomes arising from the use of this material. If you need advice specific to your circumstances, please consult a qualified professional (e.g. HR, legal, medical, or financial advisor).

Organisation names, services and contact details are provided as a starting point and may change over time. Always check an organisation's current website before relying on their services, and use your own judgement when engaging with any community group or provider.

Why This Matters

Good information exists in both clinical research and lived-experience communities; each offers something the other can't.

What This Might Look Like

- Reading NHS or NICE guidance to understand the clinical picture of a condition.
- Joining a community forum to hear how others actually experience day-to-day life.
- Cross-checking something you read online against a more evidence-based source.

Evidence-Based & Clinical Resources

- NHS website (nhs.uk): UK clinical guidance on autism, ADHD and related conditions.
- NICE guidelines (nice.org.uk): official UK clinical guidance used by healthcare professionals.
- Autism Research Centre, University of Cambridge: research and validated self-report tools (e.g. the AQ).
- Autistica (autistica.org.uk): UK autism research charity, translating research into practical information.

Community-Led & Charity Resources

- National Autistic Society (autism.org.uk): the UK's leading autism charity, information and services directory.
- ADHD UK / ADHD Foundation: information, advocacy and support specifically for ADHD.
- AADD-UK: peer-led support and information for adults with ADHD.
- British Dyslexia Association and Dyspraxia Foundation: condition-specific charities with practical guidance.

Quick Tips

- Use official/charity websites over random blogs where accuracy matters (e.g. medication, legal rights).
- Community spaces are great for lived experience, but treat personal opinions as exactly that.
- Check a source's "last updated" date, especially for anything about services or waiting times.
- Cross-reference anything that seems surprising or high-stakes before acting on it.
- Bookmark a few trusted sources rather than relying on search results each time.
- It's fine to explore widely and see what resonates, not every resource will suit everyone.

Want to Know More?

- See our companion guide: "Support Groups (UK + Global)" for community spaces specifically.

- See our companion guide: “Coaches and Specialists” for professional, paid support options.

Before You Go

You don't need to read everything; a few trusted sources are enough to start with.

It's okay to take what's useful from a resource and leave the rest.