

Resources for gender-expansive autistic youth, families, and professionals

BOOKS	Author(s)	Target audience	Topic
Supporting Transgender Autistic Youth and Adults: A Guide for Professionals and Families	Finn V. Gratton	Professionals and families	Advice for professionals and parents on supporting autistic transgender youth and adults
The Gender Creative Child	Diane Ehrensaft, PhD	Professionals and families	A developmental psychologist discusses caring for trans and gender-expansive children
How to Understand Your Gender: A Practical Guide for Exploring Who You Are	Alex Iantaffi and Meg-John Barker	Teens and anyone who is interested	An exploration of ideas around gender encouraging reflection
Sex is a Funny Word	Cory Silverberg	Children and their parents / guardians	A very inclusive and non-gendered book about puberty and growing up
Alien Nation	The Proud Trust	Children and their parents / guardians, schools etc.	A book by young trans people about gender, using the metaphor of aliens who live on different planets
The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity <i>(free PDF)</i>	Rylan Jay Testa	Teens and young adults	A workbook for teenagers and young adults to explore and reflect on their gender identity
Uncomfortable Labels: My Life as a Gay Autistic Trans Woman	Laura Kate Dale	Teens and adults	A memoir by an autistic transgender woman
Trans Teen Survival Guide	Fox and Owl Fisher	Teens	A practical and emotional guide for trans teenagers, by two trans people
Spectrums: Autistic Transgender People In Their Own Words	Maxfield Sparrow (editor)	Teens and adults	Collection of personal essays by trans autistic people
Gender Identity, Sexuality and Autism: Voices from Across the Spectrum	Eva A. Mendes and Meredith R. Maroney	Teens and adults	Personal reflections of autistic LGBTQIA+ people, exploring the intersection
The Awesome Autistic Guide for Trans Teens	Yenn Purkis, Sam Rose	Teens	Guide to navigating the world for autistic trans teenagers
Life isn't Binary: On Being Both, Beyond and In Between	Alex Iantaffi, Meg-John Barker	Teens and adults	Addressing key issues with binary thinking about relationships, bodies, emotions and identity
Queerly Autistic- The Ultimate Guide for LGBTQIA+ Teens on the Spectrum	Erin Ekins	Teens	A guide for autistic teens exploring gender and sexuality
Gender: A Graphic Guide	Meg-John Barker Jules Scheele	Teens and adults	Illustrated guide to understandings of gender across time and space
Working with Autistic Transgender and Nonbinary People	Marianthi Kourti	Professionals	Advice, research and personal reflections for professionals working with autistic trans and nonbinary people

INFORMATION		
Resource	Source	Details
Changing a child's name by deed poll	GOV.UK	Government guide to legally changing a child's name via deed poll
Mentoring Support for Trans Students	Gendered Intelligence	Mentoring in educational settings for trans students, by trans/non-binary mentors with professional skills in working with young people.
Support Groups and Events for Trans Youth and Adults	Gendered Intelligence	In person and online support groups, social activities and events for trans people of different age groups and gender identities, from youth groups to young adults and adults
The Trans Dimension	Geeks for Social Change & Gendered Intelligence	London-based online community hub collating news, events and services by and for trans people
Mermaids Youth Forum	Mermaids	Secure forum for gender diverse and/or transgender young people between 12 and 19 years old
Mermaids Parents Forum	Mermaids	Secure forum for parents of gender diverse and/or transgender young people up to the age of 19
Gendered Intelligence Therapists and Counsellors Directory	Gendered Intelligence	Directory of therapists and counsellors who work with trans people and their families and partners, and have been through Gendered Intelligence's two-day course for therapists and counsellors
Pink Therapy Directory	Pink Therapy	Directory of therapists and counsellors who work with LGBTQ+ patients
Single-Sex Spaces: Know Your Rights!	Mermaids	A help sheet for young trans people on understanding the EHRC's guidance about single sex spaces and knowing what their rights are.
Safe binding guide	LGBT Foundation	A guide to safe chest binding
Mindline Trans+ Helpline	Mindline Trans+	Emotional and mental health support helpline and signposting service for anyone identifying as transgender, non-binary, genderfluid etc. Operates Fridays, 8pm - midnight.
GALOP- Children and young people	GALOP- LGBT+ anti-abuse charity	Support and resources for LGBT+ young people who are experiencing or worried about abuse or violence
Explainer of proposed school guidance	Mermaids	An explainer about the government's proposed guidance on trans and gender-expansive children in schools
Bridging prescriptions guide	TransActual	A guide for trans, non-binary and gender non-conforming adults seeking a bridging prescription from their GP.
List of trans-friendly GPs	Action for Trans Health (crowd-sourced)	A crowd-sourced database of GPs with whom trans patients report having positive experiences.

You being You	Mencap	Easy read text and video guide to identity from Mencap
Transgender: an easy read guide	Choice Support	Easy read guide about what it means to be transgender and the issues trans people may experience.
A Road Map to Inclusion: Supporting Trans People of Faith	GIRES	Practical tips, guidance, and resources dedicated to supporting trans people of faith across all sectors and communities, with a list of LGBTQI+ faith networks & support groups at the end.

GROUPS & ORGANISATIONS	
Name	Details
Mermaids	Charity supporting transgender, nonbinary and gender diverse children and young people, their families, and professionals involved in their care. Services include vetted online communities for young people in different age groups and parents, local groups across the UK, legal help, and training for professionals.
Gendered Intelligence	Trans-led charity that aims to improve the lives of trans and non-binary people in the UK, specialises in supporting young people. Has resources for young people, families, professionals, teachers and schools.
LGBT Foundation	Manchester-based charity to support the needs of LGBT+ people. Has a list of local groups including those for trans people and trans youth.
Stonewall	Charity providing information and signposting for LGBT+ people as well as parents/carers and schools.
Switchboard	Helpline offering confidential support and advice to members of the LGBT+ community. Operates 365 days a year, 10am to 10pm.
The Clare Project	Adult trans support and social group based in Brighton and Hove but open to anyone wishing to explore issues around gender identity. Has a monthly drop-in group specifically for neurodivergent people in Brighton.
Spectra	London-based CIC with a focus on sexual health and emotional wellbeing. Services for trans people include: counselling, peer mentoring, social groups and medical advocacy. Services for LGBT+ young people include counselling and youth groups.
Galop	Charity supporting LGBT+ people who have experienced violence and abuse. Provides advice, advocacy and support to LGBT+ young people, and training for professionals and organisations about the needs of LGBT+ people who are victims of abuse and violence.
Keshet	Charity supporting LGBT+ Jewish people including delivering educational content in schools and wider Jewish community settings, and partnering with Jewish youth organisations.
Sibyls	UK group for Christian transgender, non-binary and intersex people, partners and allies.
Hidayah LGBT	UK and US based charity providing support and welfare for LGBTQI+ Muslims.