

Mental Health and Autism



Dr James Cusack, Director of Science
14 November 2018, Newcastle University

AUTISTICA
Building brighter futures through autism research

Our vision is a world where all autistic people and their families live a **long, healthy, happy life.**

We focus on **your priorities**

Your top ten

1. Mental Health
2. Language & communication
3. Social care
4. Anxiety
5. Environments
6. Family support
7. Adult diagnosis
8. Employment
9. Sensory processing
10. Services

We can address these
priorities through **research**

Could an app help autistic people
to manage their own anxiety?

Could we understand why autistic people can't tolerate uncertainty?

Could we understand why autistic women are more likely to have anorexia nervosa?

Could we identify anxiety and depression in autistic people who speak few or no words?

Could we prevent future suicides by learning from suicides of the past?

We need **you** to drive change

Take part in research

You can shape
research questions

We need you to work with us to shape a better future for autistic people and their families.

#JoinDiscover

“ Research is the only way to get the services we and future generations need. If we don't research, nothing will change.

Malcolm, autistic adult and parent

DISCOVER



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Join Discover

www.autistica.org.uk/take-part