JOHN PENDAL: Coaching For People Who Feel Like Outsiders

Autism/ ADHD resources by People of Global Majority

The following links and resources have been kindly shared by other people:

ORGANISATIONS

Autism In Black is a neurodivergent-led organisation uniquely dedicated to serving the Black autistic community: https://www.autisminblack.org/

The Autistic Women & Nonbinary Network (AWN) provides community support, and resources for Autistic women, girls, transfeminine and transmasculine nonbinary people, trans people of all genders, Two Spirit people, and all people of marginalised genders or of no gender. AWN is committed to recognising and celebrating diversity and the many intersectional experiences in the community: https://awnnetwork.org/

The Autistic People of Color Fund (USA only) provides direct financial support to autistic people of color through individual microgrants between $100 to $500: https://autismandrace.com/autistic-people-of-color-fund/

The Color of Autism Foundation is a US based Neuro-Affirming Non-Profit organisation, committed to fostering inclusivity and support for African American families navigating the world of autism: https://thecolorofautism.org/

National Queer & Trans Therapists of Color Network (USA): https://nqttcn.com/

Scottish Ethnic Minority Autistics is a catalyst for racialised Autistic People in Scotland to illuminate, educate, positively disrupt and have power over their own futures: https://sema.scot/

Copyright © John Pendal 2019-2026 unless otherwise stated. All Rights Reserved. You are welcome to share this page with credit intact, but text must not be reprinted without permission from the author.
With the exception of *Thriving Autistic* (https://www.thrivingautistic.org) I have no relationship or affiliate advertising with any products, organisations or applications shared on this handout. Any resources listed here are for information only and are used at your own risk.

JOHN PENDAL: Coaching For People Who Feel Like Outsiders

ADVOCATES

Dr Destiny Huff has written the book *"Neuroaffirming Advocacy: A Neuroaffirming Guide to Special Education Services"* and also organises a virtual event: *The Black ADHD Experience Conference*: https://www.destinyhuffconsulting.com/theblackadhdexperienceconference

Myira Khan is Muslim and ADHD. She has a blog at https://www.myirakhancounselling.co.uk/blog and has also written the book *"The Muslim Guide to Wellbeing":* https://www.myirakhancounselling.co.uk/the-muslim-guide-to-wellbeing

ONLINE COMMUNITY GROUPS

Black Autistic Meetup is a group for Black Autistic folks to meet and connect with others. It is a space for belonging, representation, support and hope: https://ndconnection.co.uk/black-autistic-meetup

ADHD Babes is a support group for Black women and Black non-binary people of African-Caribbean descent with ADHD: https://www.adhdbabes.com/ and https://www.eventbrite.co.uk/o/adhd-babes-31447883953

ONLINE RESOURCES

Articles by Lovette Jallow, an author, intersectional strategist, and human rights advocate based in Sweden: https://lovettejallow.substack.com/ - including *Neurodivergence in Ancient Africa: What History Forgot but Our Ancestors Knew.*

Autism in Black is the YouTube channel for Maria Davis-Pierre, dedicated to bringing awareness to Autism in the black community: https://www.youtube.com/@autisminblack/

Copyright © John Pendal 2019-2026 unless otherwise stated. All Rights Reserved. You are welcome to share this page with credit intact, but text must not be reprinted without permission from the author.
With the exception of *Thriving Autistic* (https://www.thrivingautistic.org) I have no relationship or affiliate advertising with any products, organisations or applications shared on this handout. Any resources listed here are for information only and are used at your own risk.

JOHN PENDAL: Coaching For People Who Feel Like Outsiders

Autistic While Black in the UK: Masking, Codeswitching, and Other (Non)fictions (Estimated Reading Time: 90-150 mins): https://neuroclastic.com/long-read-autistic-while-black-in-the-uk-masking-codeswitching-and-other-nonfictions/

Salon talks to Morénike Giwa-Onaiwu of the Autism Women's Network about race, gender and the spectrum (Interview transcript and audio file): https://www.salon.com/2017/03/15/listen-black-female-and-autistic-hiding-in-plain-sight/

That #AutisticBIPOC Life. If you identify as autistic and Black, Latinx, South Asian, Asian, Pacific Islander, Indigenous, Middle Eastern, North African, or any other racial and/or ethnic minority, you are not invisible: https://www.autastic.com/that-autisticbipoc-life/

PODCASTS

Queer! AuDHD! BIPOC! Podcast - *"where we talk about our autistic and ADHD journeys, living in multiple margins, our challenges, our joys, and what we want other queer AuDHD BIPOC and the world to know about us."*
https://www.rewilding.cc/qab and https://www.instagram.com/queeraudhdbipoc

SUGGESTED HASHTAGS

#AutisticBIPOC
#AutisticBlackPride
#AutisticWhileBlack
#BlackandADHD
#BlackAutisticLivesMatter
#BlackAutisticPride
#BlackMind
#BlackNeurodivergent

FACEBOOK GROUP

Black Autistics: https://www.facebook.com/groups/blackautistics

https://www.johnpendal.com johnpendalcoach@gmail.com

Copyright © John Pendal 2019-2026 unless otherwise stated. All Rights Reserved. You are welcome to share this page with credit intact, but text must not be reprinted without permission from the author.
With the exception of *Thriving Autistic* (https://www.thrivingautistic.org) I have no relationship or affiliate advertising with any products, organisations or applications shared on this handout. Any resources listed here are for information only and are used at your own risk.

JOHN PENDAL: Coaching For People Who Feel Like Outsiders

UNIVERSITY PAPERS

Is neurodiversity a Global Northern White paradigm?:
https://centaur.reading.ac.uk/121596/9/nair-et-al-2024-is-neurodiversity-a-global-northern-white-paradigm.pdf

LISTS OF FURTHER RESOURCES

https://autismandrace.com/resources/
https://www.facebook.com/AutisticTyping/posts/455214035079000
https://thepunkrockautistic.com/the-punk-rock-autistic-resources/

I hope that helps. Please send me a message if there are other resources you'd like me to add.

Best wishes,
John Pendal

https://www.johnpendal.com johnpendalcoach@gmail.com

Copyright © John Pendal 2019-2026 unless otherwise stated. All Rights Reserved. You are welcome to share this page with credit intact, but text must not be reprinted without permission from the author.
With the exception of *Thriving Autistic* (https://www.thrivingautistic.org) I have no relationship or affiliate advertising with any products, organisations or applications shared on this handout. Any resources listed here are for information only and are used at your own risk.