

## Useful Apps and Podcasts

Apps can be helpful in addressing some of the symptoms of ASD such as planning, prioritising and communicating. Everyone has different needs and there are many apps available. Some of these are listed below.



**Coggs:** the first mental wellbeing app designed for and by the neurodivergent community. Think of the Coggs app as your personal mental wellbeing coach. It offers practical solutions to difficult situations and prompts you to develop good wellbeing habits.



**Habitica:** Habitica makes it simple to have fun while accomplishing goals. Input your habits, daily goals, to-do list and create an avatar. Check off tasks to level up your avatar and unlock features or custom rewards. Habitica can be used to motivate yourself to accomplish tasks. This app is available on iOS and Android. Habitica can be fully enjoyed for free, but there are optional in-app purchases and subscriptions.



**MoodPanda** – This app is a supportive mood diary, allowing you to track your mood and get anonymous support from a community of 100k+ people. The app is available online, on iOS and Android. The app is free to download.



**Routinist – Schedule Planner** – This app helps you achieve goals and build habits by scheduling time for them as part of your everyday routines. This app is available on iOS and there are plans for it to be introduced to Android. This app is free, there are some in-app purchases.



**Brain in Hand** – This is an assistive technology app for those who have difficulty responding to unplanned events, social situations and situations where immediate action needs to be taken. This app will require a paid subscription.

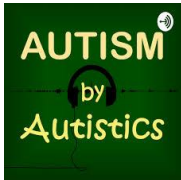


**Relax Melodies: Sleep Sounds** – Having trouble falling asleep? Tune out stress, anxiety & fall asleep more easily. This app allows you to mix endless sounds, music & short stories to help you fall asleep. This app is available on iOS and Android. Relax Melodies is free to download.

## Podcasts



**The Autism Podcast** – The Autism Podcast, delivered by the London Autism Group Charity, is the definitive autism related podcast. It aims to improve understanding of autism, boost acceptance, reduce stigma, and generate impactful, transformative ideas ranging from practical everyday advice to thoughts on policy, practice and wider socio-cultural challenges.



**Autism by Autistics** – Join Melissa and Sophie as they discuss various topics surrounding autism from personal viewpoints, own experience, the autistic community and academic research.



**The Aspie World Podcast** – Dan who has Asperger's Syndrome (ASD), and talks about life experience, help and tips for autistic individuals to feel motivated and inspired. Also talking everything Autism and ADHD.



### **Lets Talk Autism-**

A friendly chat between parents of children with ASD sharing their journeys and experiences- joined by different guests.



### **Oh that's just my Autism-**

Melissa Tacía describes her experiences of seeking, obtaining and processing an autism diagnosis at the age of 41