

Associations Directory

International autism organisations and resources

Valentine Lecêtre

sortirdelautisme.fr

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FREE GUIDE

Introduction — How to use this directory

Welcome. If you are reading these lines, you are probably looking for a hand to hold — someone, somewhere, who can inform you, support you, or stand up for you and your child. This directory was written to point you towards those hands.

A word of honesty first. The autism world is organised country by country. Your rights, your benefits, your diagnostic pathway, the name of your nearest support service — all of these change the moment you cross a border. That is why **the single most useful thing this directory can do is send you to your own national autism association**. Whatever your country, there is almost certainly a well-established organisation whose entire job is to know your local landscape better than any international guide ever could. Start there.

This directory is therefore a **starting point, not a destination**. It gathers the large, reputable, cross-border organisations and the national associations of the main English-speaking countries, then a set of resources organised by theme — girls and women, adults and late diagnosis, education, employment, sensory needs, communication, siblings, parent peer-support, and crisis helplines. It closes with a few self-assessment tools and a note on online communities.

The directory is built in six parts. **Part 1** lists the international and cross-border organisations. **Part 2** covers the national associations, country by country. **Part 3** is organised by theme. **Part 4** gathers self-assessment tools (which are screening aids, never a diagnosis). **Part 5** is about finding the right helpline and the right online community, wherever you are. **Part 6** is a short closing word.

A method I trust

Build yourself a little triangle of three contacts and you will rarely be stuck: (1) your **national autism association** — for accurate, local information; (2) a **helpline** you can ring on a hard day — for a human voice; (3) one **local parent group** near you — for the everyday oxygen of people who simply *get it*. Everything else in this directory hangs off those three.

Please verify before you act. Contact details and websites change. Where I am not certain of an exact web address, I give the organisation's name and invite you to search for their official site rather than risk sending you somewhere wrong. No directory is ever complete, and this one will grow with your help.

Part 1 – International and cross-border organisations

These are the bodies that work across borders. They will not handle your individual case, but they are excellent for trustworthy overviews, position papers, and pointers to the national association nearest you.

Organisation	What it does	Website
Autism Europe	A pan-European umbrella bringing together autism associations from across the continent; advocacy, rights, and a member directory by country.	autismeurope.org
World Health Organization (WHO)	The WHO's autism pages offer plain, reliable global health information and fact sheets, available in several languages.	who.int (search "WHO autism")
Autism-Europe member finder	Use Autism Europe's members list to locate the national association for most European countries.	autismeurope.org
Find A Helpline	A free, global directory of verified emotional-support and crisis helplines — pick your country and it shows you who to call, text, or chat.	findahelpline.com

Why start international? When you do not yet know your country's system, these sites give you calm, non-commercial information and then hand you off to the right local door. They sell nothing.

Part 2 – National associations, country by country

Each country below has at least one large, long-established association. They are your best first phone call locally: information lines, family support, signposting to diagnosis and services, and advocacy.

United Kingdom and Ireland

Organisation	What it does	Website
National Autistic Society	The UK’s largest autism charity; a confidential helpline, a vast advice library, local branches, and an autism-friendly service directory.	autism.org.uk
Ambitious about Autism	UK charity focused on children and young people — education, employment, and youth participation.	ambitiousaboutautism.org.uk
AsIAM	Ireland’s national autism charity, led by and for autistic people; advice line, community groups, and an autism-friendly towns programme.	asiam.ie
Scottish Autism	Scotland-based support and services for autistic people and their families, plus an advice line.	scottishautism.org

United States

Organisation	What it does	Website
Autism Society of America	A national network of local affiliates offering information, referral, and a national helpline; strong on connecting families to nearby support.	autismsociety.org
Autistic Self Advocacy Network (ASAN)	A leading autistic-led advocacy organisation — rights, plain-language resources, and a “nothing about us without us” ethos.	autisticadvocacy.org

Organisation	What it does	Website
Organization for Autism Research (OAR)	Funds applied research and produces free, practical guides for families, educators, and autistic adults.	researchautism.org
Autistic Women & Nonbinary Network (AWN)	Community and resources by and for autistic women, girls, and nonbinary people.	awnnetwork.org

Canada

Organisation	What it does	Website
Autism Canada	A national charity offering information, a resource hub, and links to provincial and territorial autism organisations.	autismcanada.org
Provincial associations	Most provinces have their own society (for example in Ontario, British Columbia, and Quebec) — search for the autism society in your province for local services.	search for your provincial autism society

Australia and New Zealand

Organisation	What it does	Website
Autism Spectrum Australia (Aspect)	One of Australia’s largest autism service providers — assessment, education, and adult services.	autismspectrum.org.au
Amaze	The peak body for autistic people and families in Victoria, Australia; runs an information and advice line.	amaze.org.au
Autism New Zealand	New Zealand’s national body — outreach coordinators, support groups, and resources across the country.	autismnz.org.nz

Don't see your country?

If your country is not listed above, that is not a gap in support — it is a gap in *this short directory*. Almost every country has a national association. The quickest routes to find yours:

- Use **Autism Europe's** member list (Europe), or
- Search online for “**autism association**” or “**autism society**” + **your country**, and
- Cross-check it against **Find A Helpline** for the crisis numbers in your region.

Part 3 — Resources by theme

Once you have your national association, you may want something more specific. Here are reputable starting points by theme. Many are based in one country but publish freely usable guidance.

Girls and women, and late diagnosis

Autism in girls and women is still under-recognised, and many people are identified only in adulthood.

- **Autistic Women & Nonbinary Network (AWN)** — community and resources by and for autistic women and nonbinary people. (awnnetwork.org)
- **National Autistic Society — women and girls pages** — accessible guidance on how autism can present differently. (autism.org.uk)
- For **adult diagnosis**, your national association almost always has a dedicated “adults” or “newly diagnosed adults” section — that is the kindest place to begin.

Education and school support

- **Ambitious about Autism** (UK) — practical resources on school, exclusions, and transitions. (ambitiousaboutautism.org.uk)
- **Organization for Autism Research** (US) — free guides for educators and for autistic students. (researchautism.org)
- Your **national association** will know your country’s specific legal framework for school support — this is one area where local guidance truly matters.

Employment and adult life

- **National Autistic Society — employment** (UK) — advice for autistic jobseekers and employers. (autism.org.uk)
- **Organization for Autism Research — Hire Autism** (US) — employment resources and a job board. (researchautism.org)
- Many countries run **supported-employment** schemes; search for “autism employment support + your country”.

Sensory needs, communication, and AAC

- For **sensory** information, the National Autistic Society’s sensory pages are a clear, well-respected starting point. (autism.org.uk)
- For **AAC (augmentative and alternative communication)** — picture systems, communication apps, and devices — ask your national association or a speech-and-language therapist for the providers used in your country.
- **ISAAC (International Society for Augmentative and Alternative Communication)** — a global professional body; useful for finding AAC resources and local chapters. (isaac-online.org)

Siblings

The brothers and sisters of autistic children carry their own quiet load.

- **Sibs** (UK) — the only UK charity solely for siblings of disabled people, with resources for young and adult siblings. (sibs.org.uk)
- **Sibling Support Project / Sibshops** (US) — a model of peer workshops for siblings, run in many countries. (search for “Sibshops” + your area)

Parent peer-support and family balance

- Your **national association** almost always runs or lists **local parent groups** — these are gold.
- Look for **regional branches** of the National Autistic Society (UK), local **affiliates** of the Autism Society of America (US), or provincial societies (Canada/Australia).
- Peer-led groups exist in most large towns; ask your association or your child’s clinician for the nearest one.

Part 4 — Self-assessment tools

A gentle but important note first: **the tools below are screening questionnaires, not diagnoses.** A high score can be a reason to seek a professional assessment; it can never replace one. Use them as a conversation-starter with a qualified clinician, not as a verdict.

Tool	What it is	Note
AQ (Autism-Spectrum Quotient)	A widely used self-report screening questionnaire for adults.	Screening only; not diagnostic.
RAADS-R (Ritvo Autism Asperger Diagnostic Scale - Revised)	A longer self-report tool often used to support adult assessment.	A research/clinical aid, not a self-diagnosis.
CAT-Q (Camouflaging Autistic Traits Questionnaire)	Explores masking and camouflaging — particularly relevant for many women and late-identified adults.	Measures camouflaging, not a diagnosis.

If a questionnaire resonates with you, the next step is the same everywhere: bring it to your GP, doctor, or your national association's advice line and ask how adult (or child) assessment works in your country.

Part 5 — Helplines and online communities

Finding the right helpline

On a hard day, a human voice matters more than any web page. Helpline numbers are deeply local, so the safest approach is a directory that checks them for you.

- **Find A Helpline** (findahelpline.com) — choose your country and it lists verified free helplines for emotional support and crisis, by phone, text, or chat.
- Your **national autism association** usually runs its own **advice or information line** — see Part 2 for the main ones.
- In a **life-threatening emergency**, always use your country’s emergency number (for example 112 across the EU, 999 in the UK and Ireland, 911 in the US and Canada, 000 in Australia, 111 in New Zealand).

Keep these to hand. Save your national autism advice line and one general crisis line into your phone now, while things are calm — so they are there on the day you need them.

Online communities

Online communities can be a lifeline — and they vary enormously in quality, so a little care goes a long way.

- The **moderated forums and community pages of established national associations** (for example the National Autistic Society’s community) are a safe first stop — they are moderated and grounded in good information.
- **Autistic-led spaces** (such as those linked from ASAN or AWN) are invaluable for hearing directly from autistic adults.
- For peer groups on large social platforms, **prefer well-moderated groups** and treat medical or “miracle-cure” claims with healthy scepticism. A good group informs and supports; it never pressures or sells.

Part 6 — A word to close

This directory is a starting point. It gathers the main doors you can knock on so that you do not have to walk the autism path alone. It does not replace medical advice — but it tells you where to begin.

If you are the parent of a newly diagnosed child: find your national autism association and ring their advice line first. Then look for one local parent group near you — that is so often where you will find the human warmth you need.

If you are a professional: use this directory to point families towards the right local doors, and lean on your national association and its research partners for continuing guidance.

If you are an autistic person, or just beginning to recognise yourself in these pages: look for your people. Autistic-led organisations and peer groups are precious for putting words to your experience and finding others who share it. You are not alone.

Remember the golden rule: services differ from country to country, so your own national autism association will always be your best local guide. Let this directory point the way, and let them walk it with you.

Thank you for being here, and for everything you do for the people you love.

— *Valentine Lecêtre*

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