

About this resource

Brown, C.M., Ransley, F.R., Sinclair, J.L. & Stokes, M.A. (2019). *My autism my mental health*. Unpublished.

Ethical approval was granted by the Deakin University Human Research Ethics Committee (project no: 2019-101). This was in accordance with the ethical standards of the national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. Informed consent was obtained from all participants. No monetary incentives were offered to participants.

Do I need to see a GP about my mental health? resource

- Beyond Blue. (2020). What is mental health? Retrieved from <https://www.beyondblue.org.au/the-facts/what-is-mental-health>
- National Autistic Society. (2018). Mental health and autism. Retrieved from <https://www.autism.org.uk/about/health/mental-health.aspx>
- SANE Australia. (2019). What is mental illness. Retrieved from <https://www.sane.org/information-stories/facts-and-guides/what-is-mental-illness>
- United Nations. Human Rights. Retrieved from <https://www.un.org/en/sections/issues-depth/human-rights/>
- World Health Organisation. (2020). Mental health. Retrieved from https://www.who.int/mental_health/en/

Examples of what to say when booking an appointment by phone resource

- Australian Government Department of Health. Medicare Benefits Schedule – search results for Item 2700. Retrieved from <http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=ItemID&q=2700>
- Australian Government Department of Health. Medicare Benefits Schedule – search results for Item 23 Level B. Retrieved from <https://www.betterhealth.vic.gov.au/health/servicesandsupport/making-and-managing-health-and-medical-appointments>

Visiting the GP resource

- Isaacs, K.A. (2018). Access Health Autism Patient Resources: Medical Appointment Form.

Finding a psychologist resource

- Australian Psychological Society. (2020). Assessment and therapy. Retrieved from [https://www.psychology.org.au/for-the-public/about-psychology/What-does-a-psychologist-do/Assessment-and-therapy-\(1\)](https://www.psychology.org.au/for-the-public/about-psychology/What-does-a-psychologist-do/Assessment-and-therapy-(1))

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