**Mental Health (anxiety, depression, bi-polar, autism, aspergers, ADHD etc)**

A letter to those affected by anxiety

<https://nicollehook.wordpress.com/2014/08/20/a-letter-to-those-affected-by-my-anxiety/>

Mental Health apps let you access therapy from your smartphone

<https://www.newscientist.com/article/dn28132-mental-health-apps-let-you-access-therapy-from-your-smartphone/>

Autism behaviours may differ in boys and girls

<http://www.webmd.com/brain/autism/news/20150904/autism-behaviors-may-differ-in-boys-and-girls>

Belly dancing and mental wellbeing

<http://www.worldbellydance.com/mental-wellbeing/>

Autism in the workplace

<http://www.theguardian.com/social-care-network/social-life-blog/2015/jul/29/autism-in-the-workplace-always-thought-you-were-a-bit-weird>

Aspie quiz

<http://www.rdos.net/eng/Aspie-quiz.php>

Why I support number one

<http://factsaboutklinefelter.com/2015/09/08/why-i-support-nmber/>

Gender dysphoria and autism

<http://www.huffingtonpost.com/kyle-simon/is-there-a-link-between-autism-and-gender-dysphoria_b_3896317.html>

People with autism and learning difficulties excel in creative thinking

<http://www.theguardian.com/society/2015/aug/22/autism-creative-thinking-study>

Should you tell your boss about ADHD

<http://www.additudemag.com/adhd/article/816.html#st_refDomain=www.facebook.com&st_refQuery=/>

How autistic people help shape the modern world

<http://www.wired.com/2015/08/neurotribes-with-steve-silberman/>

How light deprivation causes depression

<http://www.scientificamerican.com/article/down-in-the-dark/>

Artists and mental health

<http://blogs.psychcentral.com/creative-mind/2011/05/artists-and-mental-health/>

Mental health medication madness

<http://www.huffingtonpost.com/dr-peter-breggin/medication-madness-how-ps_b_223922.html>

Sex development disorders affect the mind as well as the body

<http://www.concordia.ca/news/news/stories/cunews/main/stories/2015/08/12/research-sex-development-disorders-mind-body.html>

Simple technique to reverse negative thoughts

<http://www.huffingtonpost.com/entry/socratic-method-improve-depression_55ca2888e4b0f1cbf1e65731>

Autism in XXY, the autistic brain

<http://link.springer.com/article/10.1007/s00406-015-0623-z/fulltext.html>

ADHD children

<http://us3.campaign-archive2.com/?u=c9b3611aadee34ef608d528fd&id=ced80c1ec2&e=2bb5a1a737>

Child meltdowns

<http://www.ambitiousaboutautism.org.uk/understanding-autism/behaviour/meltdowns>

Why French kids don’t have ADHD

<https://www.psychologytoday.com/blog/suffer-the-children/201203/why-french-kids-dont-have-adhd>

Best practice – autism

<http://bestpracticeautism.blogspot.co.at/2011/04/best-practice-review-social.html>

Cannabis oil helps autistic boy speak for the first time

<http://www.liberalamerica.org/2015/06/13/after-being-on-cannabis-oil-for-just-48-hours-an-autistic-boy-is-talking-for-the-first-time/>

Decoding autism

<http://genomemag.com/decoding-autism/#.VZfYDOtvCng>

Autism information library

<http://archive.autistics.org/library/more-autistic.html>

Why punishments don’t work for ADHD kids

<http://www.thedistractedmom.com/why-punishments-dont-work/>

Autistic and seeking a place in the adult world

<http://www.nytimes.com/2011/09/18/us/autistic-and-seeking-a-place-in-an-adult-world.html?pagewanted=print>

Why high functioning autism is so challenging

<http://autism.about.com/od/aspergerssyndrome/fl/Why-High-Functioning-Autism-Is-So-Challenging.htm>

Aspergers Syndrome in adults

<http://www.aspergerssociety.org/aspergers-syndrome-symptoms-in-adults-overcoming-the-top-4-challenges-aspergers-adults-face/>