AUTISTIC REALMS

AUTISTIC ADVOCATE, AUTHOR & CONSULTANT



helen@autisticrealms.com
www.autisticrealms.com

Helen Edgar (she/they), late-identified Autistic,
parent to two neurodivergent children.

Qualified teacher
(20yrs experience - Early Years/ Primary SEND settings
working with those with Profound and Multiple Learning Disabilities)

Founder of Autistic Realms

Published writer specialising in
Autism, Neurodivergence and
Neurodiversity Affirming Education

Providing educational training and workshops for
families and professionals

Special interests: burnout, monotropism,
radically inclusive education, learning disabilities, neuroqueer theory

AUTISTIC REALMS

Providing neurodiversity-affirming training, workshops and educational resources for families and professionals to support neurodivergent people.
Guest blog writer and bespoke resource creation

Professional Training

Training for schools and organisations to explore neurodiversity-affirming ways of supporting children and young people in education. These training sessions are designed for settings in the UK and can be tailored to meet your individual needs.

Lectures/seminars and workshops are also available for organisations/teacher training/education/ health and social care course providers.

Family Support

Free resources and support for parents/ carers to support young autistic and otherwise neurodivergent people who are struggling to access the education they deserve. Support for those experiencing burnout and ways forward.

Webinars and Workshops







Barriers to school attendance, monotropism and autistic burnout

How we can move forward:
Reframing autism: Monotropism
Autistic burnout
How can we support at home?
How can we support at school?
What are the alternatives?













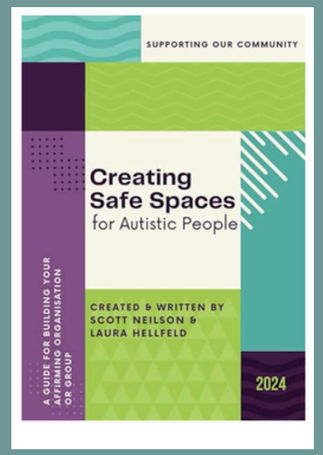


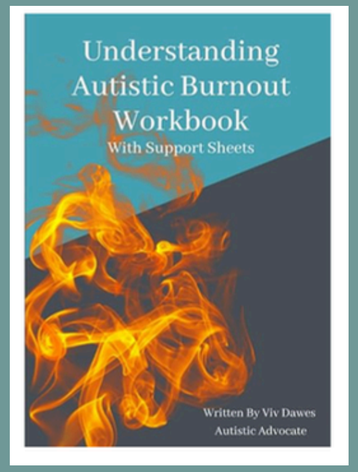


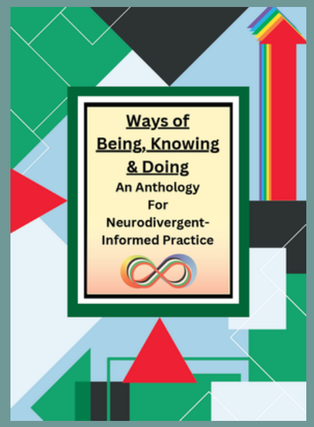


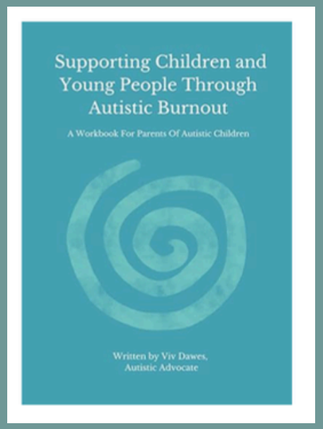


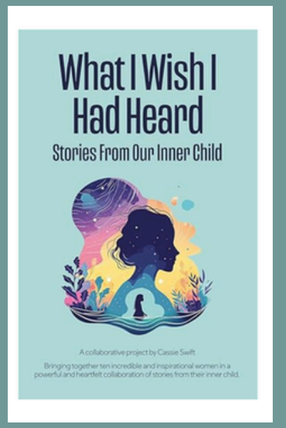
Books & Journals Featured In...

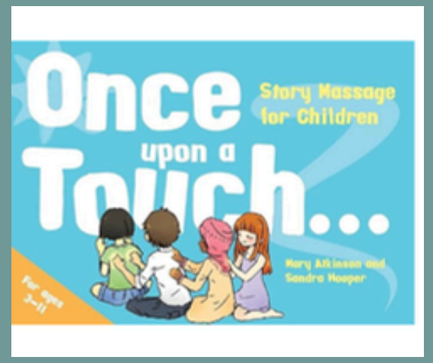


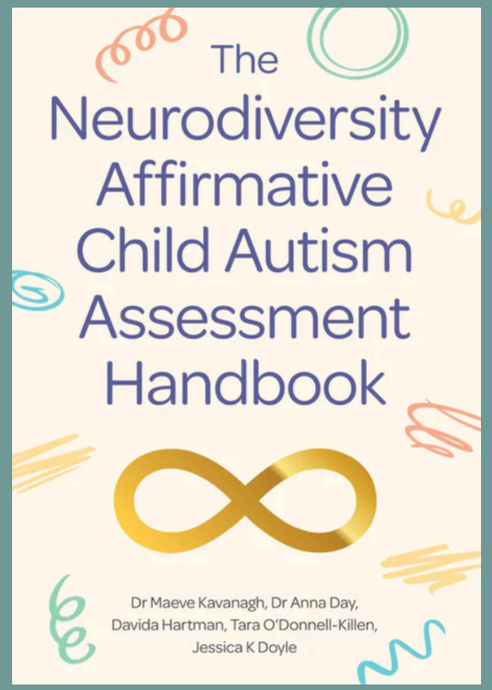




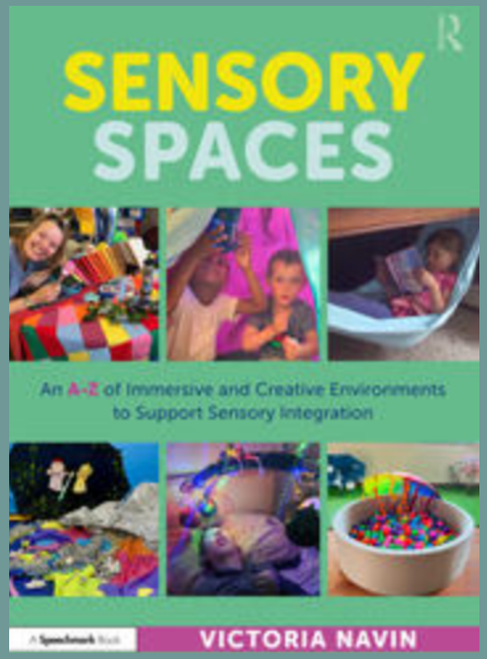




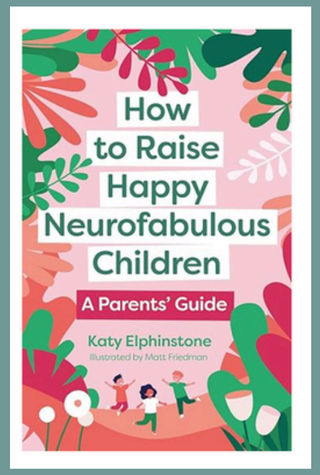












Teaching Times

PMLD LINK
sharing ideas and information

AUTISTIC REALMS
Neurodiversity Affirming

MY NEURO-AFFIRMING GLOSSARY

Neuro-Affirming Glossary of Key Words and Terms (2026 Edition) by Helen Edgar
Words from our community, for our community:
e-book, card deck and free activity guide



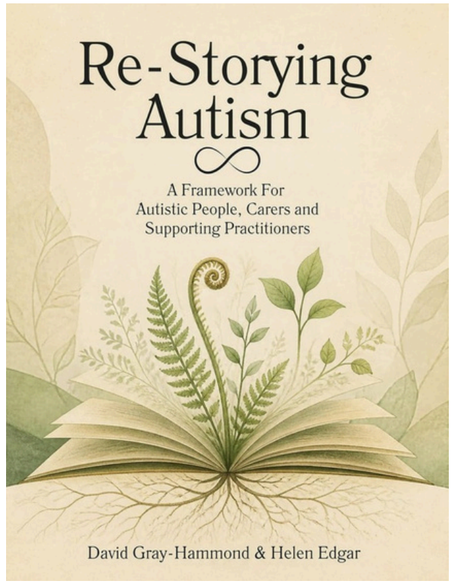
222 key words and terms that help us understand ourselves and each other, drawn from Autistic and wider neurodivergent community knowledge.

- A plain definition and a symbol for every word, with 102 references
- E-book, 2026 Edition
- Card deck: a card for every word, for training, schools and families
- Free activity guide: How to Use the Neuro-Affirming Glossary
- Read it online, with symbols and links

autisticrealms.com/guides/glossary

RE-STORYING AUTISM

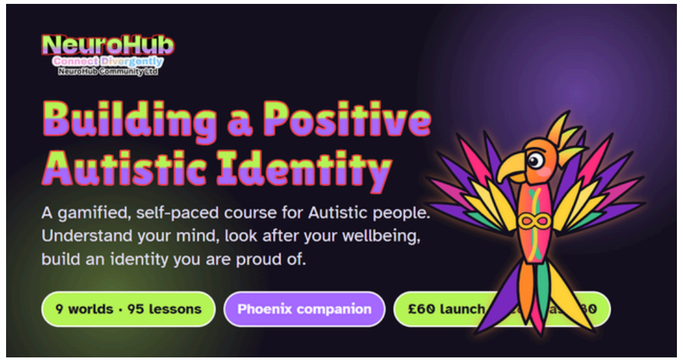
With David Gray-Hammond and NeuroHub Community
Autistic-led courses, writing, tools and community on NeuroHub Horizons
horizons.neurohubcommunity.org



An Autistic-led video course and workbook for Autistic people, carers and supporting practitioners, co-created by Helen Edgar and David Gray-Hammond.

- 7 modules, 63 lessons, about 4.5 hours of video
- Accompanying companion workbook and a certificate
- Monotropism, identity and language, the eight-sense bodymind, play and learning, burnout, trauma and safety, and lessons from the Autistic community
- Self-paced, with no deadlines.

restoryingautism.co.uk



Also on NeuroHub Horizons:
- Building a Positive Autistic Identity course
- The Wider Existence, essays with David
- Autistic-led webinars
- NeuroHub Compass and Phoenix
- NeuroHub Publishing, Zine and community

MORE REALMS

MORE REALMS
Neuroqueeringly Affirming

My space for more speculative writing:
neuroqueer, posthuman and more-than-human ways of knowing.
Somewhere in the margins, another realm unfolds...

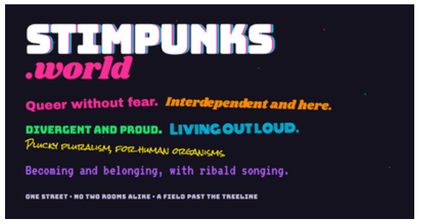
Sibling sites

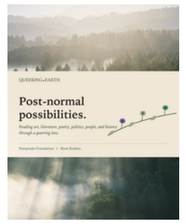
Cavendish Space – cavendish.space
Monotropic Map – monotropicmap.org
NeuroHub Horizons – horizons.neurohubcommunity.org
NeuroHub Journal – news.neurohubcommunity.org
Penguin Pebbling – penguinpebbling.app
Positive Autistic Identity – autistic-identity.online
Queering Earth – queering.earth
Re-Storying Autism – restoryingautism.co.uk
Star Stuff – starstuff.earth
Stimpunks World – stimpunks.world
The Wider Existence – thewiderexistence.co.uk
Writing the Dawn – writingthedawn.com













Autistic Burnout Resource Reviews

Review

AUTISTIC BURNOUT: A FAMILY GUIDE

★★★★★

" I love it, It could be such a valuable resource. I think it's absolutely brilliant - I really enjoyed it and feel that it could be something that many families will find super useful - well done!"

Dr. Luke Beardon
Senior Lecturer in Autism
2023

Autistic Burnout: A Family Guide

Developing understanding & opening up conversations to support children and young people through Autistic Burnout.

Helen Edgar
www.autisticrealms.com

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AUTISTIC REALMS
Neurodiversity Affirming



Review

AUTISTIC BURNOUT: A FAMILY GUIDE

★★★★★

As a Neurodivergent family, this book provides amazing insight, understanding, advice and skills, to help manage, cope, or support with Autistic Burnout.

The information is easy to read, with very helpful pictures/infographics and succinct explanations into all sorts of Neurodivergent life

Lou, parent
(June 2023)

Review

AUTISTIC BURNOUT: A FAMILY GUIDE

★★★★★

A clear and compassionate overview of the concept of autistic burnout, summarising current thinking, research and lived experiences. It is a go-to, practical guide for parents, carers, families and professionals, bursting with beautiful infographics, that both capture key points, and are designed for sharing. Helen's book invites discussion. It respects individuals as knowers, interpreters and providers of information. In this way the book is both guide and companion; reassuring us that we are not alone.

Lisa Chapman, Mum to ND kids, Speech and Language Therapist, Sensory Integration Advanced Practitioner, & Former teacher
(May 2023)

Review

AUTISTIC BURNOUT: A FAMILY GUIDE

★★★★★

This booklet is invaluable in helping parents understand autistic burnout, what it looks like and what you can do to help. It has the communication tools to help you explore it with your child through visual memes and so many great links to help you really understand the theoretical and lived experiences that contribute to our understanding of burnout. With so many children dropping out of education, utterly exhausted, this is such a helpful resource.

Lynn McCann, Reachout ASC
(2023)

Review

AUTISTIC BURNOUT: A FAMILY GUIDE

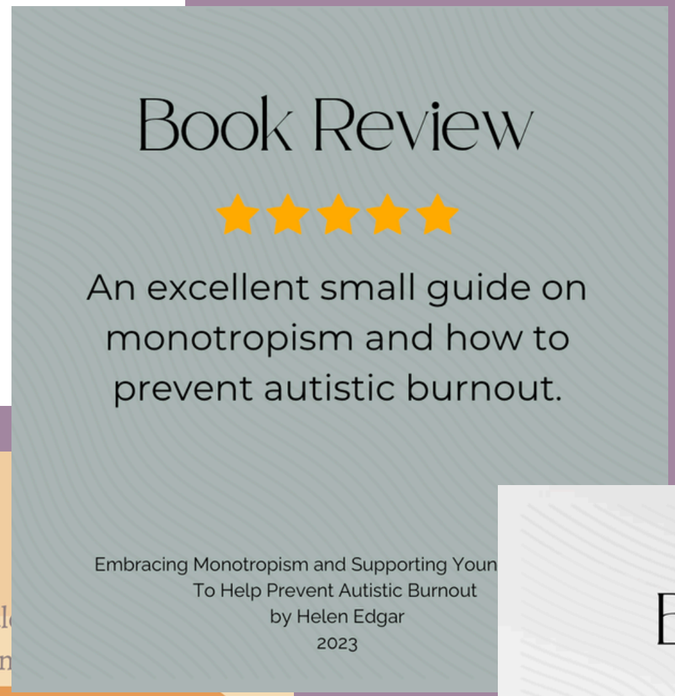
★★★★★

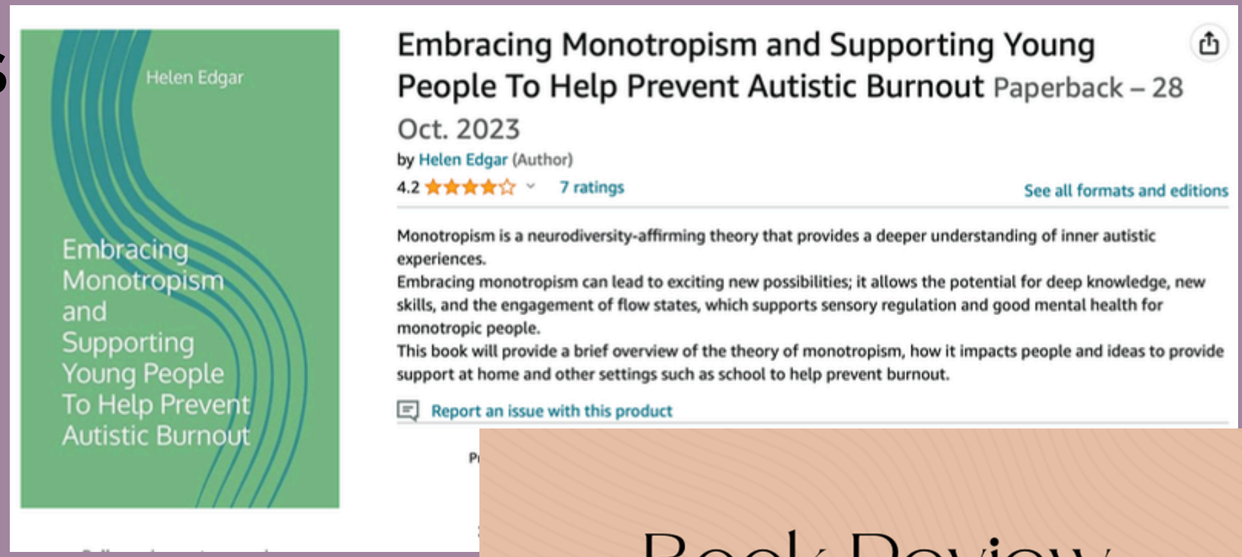
You've succeeded in putting together a huge range of complex ideas into a very easy to read resource.

Laura The Neurodivergent Nurse
(May 2023)

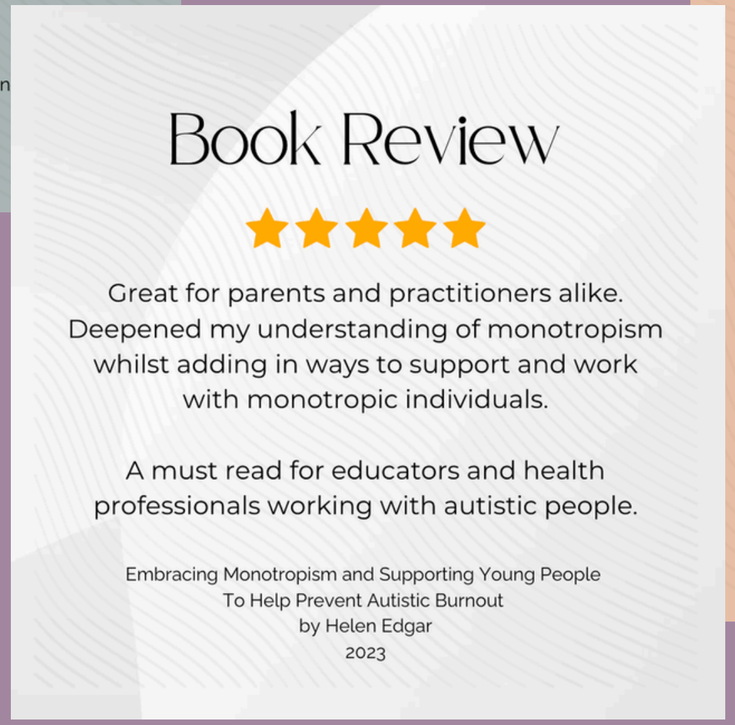
Book Reviews

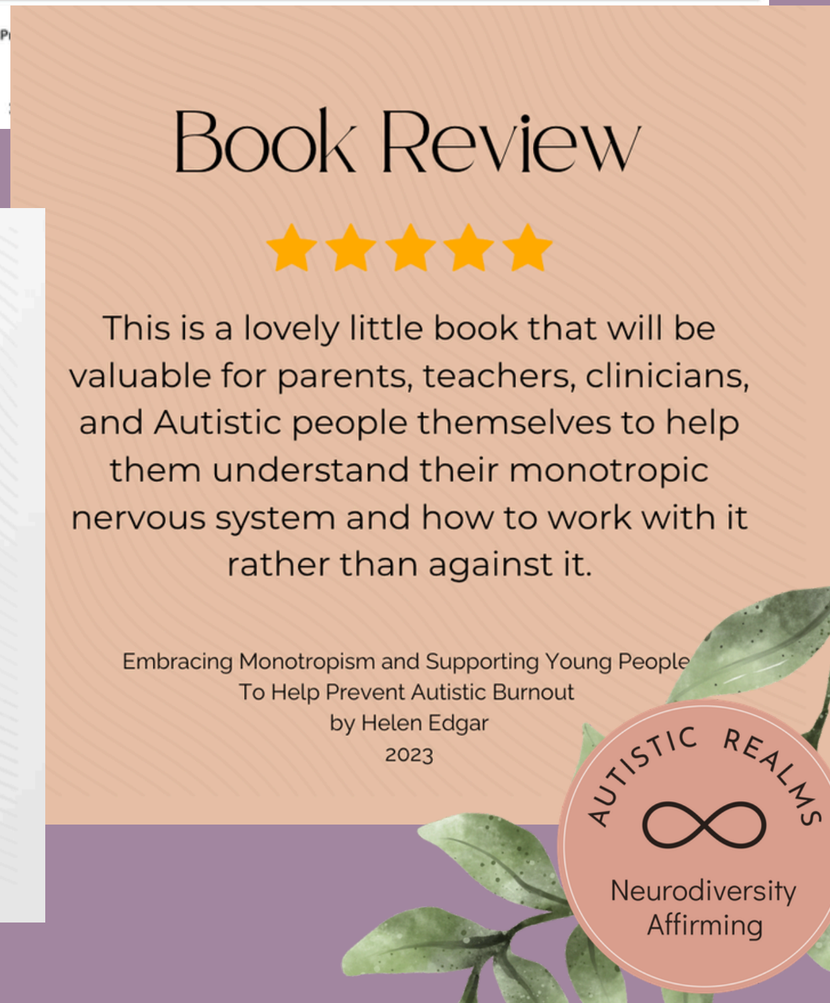












Helen Edgar

Autistic Realms



Autistic Advocate,
Autism Consultant

Qualified Teacher
Parent & Neurodivergent Family

Published Writer,
Educational Training Provider
Guest Lecturer
Resource Creator

Neurodiversity Affirming
Neurodivergent Education
Specialist



EMPLOYMENT

Founder of Autistic Realms (Oct 2022-Present)

- Autistic Realms
- Autism/ Education/Mental Health articles & resources
- Supporting Children Through Autistic Burnout article 60k Views
- Monotropism
- Social Media: BlueSky, Facebook, LinkedIn

Writer, Educational Resource Creator & Family Support Work with:

- Stimpunks Co-Creative Director and Neuroqueer Learning Space Project Management (2024-present)
- Thriving Autistic Community & Communications Lead (May 2023 - Present)
- GROVE Education and Mentoring Education Training and Resource Specialist and Guest Blog Writer (Jan 2023-present)
- Neurodiverse Connection Guest Blogger(August 2023 - Present)
- NeuroBears Licensed trainer (Dec 2023- Jan 2025)
- Beacon NeuroConnect Peer support and family workshop training (2023- 2024)
- The PDA Space Guest Blogger and Educational Resources (March 2023 - 2024)
- Guest Lecturer (March 2023-present) various Universities
- Creating educational resources to support professionals and neurodivergent families
- Regular internationally published blogs/articles and newsletters about autism, neurodivergence, education and mental health.

Teacher (Early Years/Primary SEND/ PMLD Settings (2005-2021)

- Specialist teacher for children with Profound and Multiple Learning Disabilities and complex medical needs.
- Teacher Learning Responsibility - EYFS, Literacy
- Delivered staff CPD & regular family workshops
- Supported and mentored student teachers
- Sandwell Raising Early Achievement in Literacy - National Literacy Trust Project with Sheffield University

RELEVANT SKILLS

- Neurodiversity Affirming
- Compassionate and caring
- Strengths based approach
- Creative

EDUCATION HISTORY

NPQML	University of Wolverhampton (2014-15)
PG Dip	University of Wolverhampton (2005-07)
PGCE	John Moores University Liverpool (2003-04)
BA Hons	University of Liverpool (1997-2000) English Lit and History of Art (2:1)

OTHER WORK

Volunteer Work

Supporting and collaborating with various charities and organisations including;
Spectrum Gaming/Barriers to Education/ Autism Understood (volunteer)
Stimpunks (volunteer)
Monotropism.org (volunteer & research/writer)
PANS/PANDAS UK (volunteer)
Cultural Autism Studies Yale (CASY) (Volunteer)

AUTISTIC REALMS
Neurodiversity Affirming

PUBLISHED WORK

Click here for information about my recently published;

- Books
- Articles
- Resources
- Projects
- I have several chapters that are at various stages of submission/publication re: education/monotropism/ autistic burnout

Member

Autistic Self Advocacy Network
ICO
Autistic Burnout Network
Thriving Autistic Practitioners Directory
The Neurodiversity Affirming Early Childhood Collective
Cultural Autism Studies Yale

CONTACT ME

helen@autisticrealms.com
www.autisticrealms.com
www.morerealms.com

Updated Oct 2026

Community Partnerships/ Collaborative Work

















































































WHAT PEOPLE SAY

“Helen goes above and beyond to support children, families and professionals. She is the most professionally generous human I know. She brings so much knowledge and curiosity to all she does.”

“…their dedication to learning and communicating complex concepts in an accessible format is second to none.”

“Generous with her expertise. Explains everything very clearly. Wonderful resources.”

“Her writing and resources have helped my learning that I pass on to clients and supervisees. This knowledge is essential and needed.”

“Her content educated me to the point of confidently calling myself proud and educating others about the real experiences of being Autistic.”

“…someone who doesn't just advocate for disabled and neurodivergent people, but builds spaces with them, from the inside out.”

Comments from public nominations for the Positive Role Model Award for Disability, National Diversity Awards 2026

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Neuroqueeringly Affirming

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