

Course Modules Overview:

1) HEALTHISM

- What mental health is and how it can present for autistic people
- How autism can affect daily functioning
- Sleep and wellbeing, including why sleep disturbances may occur and how they impact day-to-day life

2) AFFECTISM

- Autism and depression
- Anxiety and stress
- Autistic burnout: what it is, how it feels, and how it can affect everyday life

3) STABLISM

- Building self-esteem and confidence
- Setting and achieving meaningful personal goals

4) HEALISM

- *Embracing positive mental health in your own life as well as your son/daughters with ASD*
- *Key components of wellbeing*

What is the Autism & Mental Health course?

The Autism & Mental Health course offers a practical, easy-to-understand course for the community and autistic people who want clearer insight into mental health.

It also assists the general public to understand how autism can affect mental health—often in ways that are deeper and more persistent than many people experience.

It was also designed for autistic people who may find it hard to recognise what sits behind anxiety, low mood, stress, or burnout—so they can respond more effectively in everyday life.

Why was it created?

This course explains the relationship between autism and mental health. Because mental health isn't discussed often enough, this course was developed to build understanding and provide practical support.

What will I learn that's different?

You'll gain clearer insight into mental health experiences that can be common for autistic people—and what may be happening beneath the surface.

For parents and carers, or anyone else who'd like to do this course, you'll be better equipped to notice and understand what your son/daughter may be going through, and to provide informed support alongside any medical or therapeutic treatment for anxiety, stress, or related challenges.

You'll also learn strategies you can apply:

- To your own life (if you are autistic)
- To support your family member (if you are a parent/carer)

Ready to get started?

Then let's go! Enrol now today on the KTalk website, to start your journey of learning ways of building the skills to manage your mental health with more confidence.

Where to from here?

To enquire or enroll for this course, please use the contact details in this brochure, click on this link: <https://ktalk.au/product/autism-mental-health/> or use the Contact Us page via the website.



CONTACT US:

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Check out our website for further information.



“Exceed Your Expectations”

**AUTISM &
MENTAL HEALTH**