

World Autism Acceptance Month

Every April, World Autism Acceptance Month brings greater attention to Autism Spectrum Disorder (ASD) and encourages everyone to accept, understand, and support those with ASD. ASD is an umbrella term for a group of complex brain development traits. These traits are often characterized by difficulties in social interaction, problems with verbal and nonverbal communication, and repetitive/restrictive behaviors.

People affected by autism often struggle to find acceptance from those around them, resulting in bullying, prejudice, limited job opportunities, and difficulty accessing health care. While education about ASD is essential, advocates argue that what those with autism really need are awareness, acceptance, inclusion, and community support.

Reach out to your GuidanceResources program for help with:



1 Leveraging strengths to maximize potential



4 Practicing effective communication strategies



2 Improving organization and time management



5 Fostering resilience with practical tools and grounding techniques for better self-regulation



3 Shifting to a growth mindset that turns challenges into learning opportunities and growth



6 Establishing a healthy routine that provides structure, reduces anxiety, and makes daily life more manageable and predictable



If you or a household member needs ASD-related support, your Employee Assistance Program offers free, confidential counseling sessions in-person, via video link, or over the telephone to accommodate your preferences and busy schedule.



24/7 Live Assistance

Call: 855-699-6908
 TRS: Dial 711
 App: GuidanceNowSM
 Web ID: SVVSD
 Online: guidanceresources.com

→ Scan for more resources

