

Do you have a personal relationship and provide care for an autistic and/or ADHD adult?

We are interested in learning about your insights into how accessible and engaging mental health support services are for the adults you care for.

Mental health support includes any service that provides psychological and emotional well-being support. This can include:

- Healthcare professionals (like GPs, psychiatrists, nurses)
- Mental health professionals (like psychologists, counsellors, and social workers)
- Allied health professionals (like exercise physiologists, occupational therapists, speech therapists)
- Qualified support workers (like ADHD coaches, support workers, and case managers)
- Peer support workers or lived experience supporters
- Crisis support services (like helplines, text support, online chat)

Most importantly, if something has helped or was intended to help the person you care for psychological and emotional well-being, whether it's listed here or not, we consider this mental health support and want to hear about your experience.

What's involved?

- 10-20 minute online survey

Who can participate?

- Have a personal relationship and provide care to an autistic and/or ADHD adult
- Aged 18 or older
- Able to communicate in English



To Participant:

Scan the QR code or contact michelle.emery@mymail.unisa.edu.au.

This research employs a co-design methodology with a Community Advisory Board comprising autistic and ADHD individuals, ensuring that the community voices lead the research.

This project has been approved by the University of South Australia's Human Research Ethics Committee (Ethics Protocol 206606).