You're Not Alone

Why You Might Feel Sad Sometimes

Your feelings matter.

Feeling sad can happen to anyone — including autistic people.
It doesn't mean you're weak or broken. It means you're human.

Common Reasons for Feeling Sad

You might feel sad because of one or more of these reasons. It's okay if you relate to some of them.

- ☐ Loneliness
- ☐ Being rejected or humiliated by people at school
- ☐ Being bullied and teased by people at school
- ☐ Feeling exhausted from trying to be accepted and liked
- ☐ Believing the criticisms of students at school
- ☐ Being sensitive to the suffering of others

It's Not Just About One Thing

Sometimes it's not just one reason. It can be a combination of things, like:

- Feeling overwhelmed
- Changes in routine or environment
- Trouble with friendships
- Sensory overload (too much noise, light, or activity)
- Feeling different or misunderstood
- Worrying about the future

You Are Not Alone

Many autistic people experience periods of sadness. It's a sign that you care, feel deeply, and are human.

It can be hard —
but it won't always feel this way.

What Can Help?

Here are some things that might make you feel a little better:

- ✓ Talk to someone you trust
- ✓ Take a break and do something you enjoy
- ✓ Use calming strategies (e.g. deep breathing, movement, music, fidget tools)
- ✓ Be kind and patient with yourself
- ✓ Remember: your feelings are valid

Small steps matter

When to Reach Out

It's okay to ask for help. Consider speaking to a trusted adult, counsellor, GP or support service if you:

- Feel sad most of the time
- Are finding it hard to cope
- Have lost interest in things you usually enjoy
- Are thinking about hurting yourself or don't feel safe

You are important. Your feelings are valid.