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# A Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder: It's not just their autism!

*Alvina Ali, Michelle O'Reilly, Khalid Karim*

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**A Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder: It's not just their autism!** Alvina Ali, Michelle O'Reilly, Khalid Karim

Exploring the relationship between ASD and mental health difficulties, this book offers practical guidance to help parents and professionals recognise and handle co-morbid conditions, and dispels the myth that they are just a part of autism.

The authors cover a wide range of common mental health problems experienced by children with ASD, including Obsessive Compulsive Disorder (OCD), anxiety, ADHD, eating disorders, psychosis, stress, tics and depression, and illustrate these issues with case studies. They also provide vital advice in an accessible format and suggest strategies to ease the difficulties which arise from these co-morbid conditions.

This book is essential reading for professionals working with children on the autism spectrum and is an accessible and practical resource for parents and carers.

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