

# Are you a practitioner or professional who has supported an Autistic adults' mental health?

## Participate in a study on Barriers to, and Facilitators of, Supporting Ottawa's Autistic Adult Mental Health

This project is on understanding the barriers to and facilitators of providing mental health support for autistic adults faced by practitioners/professionals in Ottawa.

To participate in this study, you must be:

- ✓ A practitioner or professional who has experience supporting an Autistic adults\* mental health in Ottawa.
- ✓ Comfortable completing an online questionnaire and engaging in a 60 to 90-minute recorded Zoom interview
  - ✓ At least 18 years old
- ✓ Comfortable in the English language

This study will ask you to fill out an online demographic and work experience questionnaire via Qualtrics and to participate in an audio-recorded one-to-one semi-structured interview via Zoom for approximately 60-90 minutes, where you will be asked questions about structural, organizational, practitioner, personal, and individual barriers to supporting autistic adult mental health, and strategies, adaptations, and considerations you find useful.

Participants will be compensated with a \$10 e-gift card for participating in the interview.

Please contact the researcher, Margaret Janse van Rensburg, for more details on this study at [margaretjansevanrens@cmail.carleton.ca](mailto:margaretjansevanrens@cmail.carleton.ca)

**Autistic adults\*** refers to self-identified, diagnosed, and undiagnosed

This study has been cleared by the Carleton University Research Ethics Board (A) Clearance #119805

