

I Have Autism and I Don't Understand Life. I Want to Give Up.

First: you are not broken

- Autism is a neurodevelopmental difference, not a flaw. The world is built for non-autistic brains, which can make everyday life exhausting.
- Wanting to give up is a sign that your needs are not being met — not that you are wrong.

Why autistic people can reach this point

- Masking: hiding your natural responses to fit in burns enormous energy and can lead to burnout.
- Sensory overload: lights, sounds, textures, or social noise can feel unbearable over time.
- Social confusion: unwritten rules, mixed signals, and rejection can be painful and confusing.
- Loneliness and misunderstanding: being surrounded by people but never fully seen.
- Co-occurring conditions: anxiety, depression, OCD, and ADHD are common and treatable.

What can help

- Reduce sensory load: dim lights, noise-canceling headphones, comfortable clothes, predictable routines.
- Stop masking when safe: one person who accepts your real self is worth more than many who only know the performance.
- Find autism-informed support: a therapist who understands neurodiversity, an autism peer support group, or an occupational therapist.
- Ask for accommodations at school or work: clear instructions, written communication, breaks, or remote options.
- Build a life that fits you, not a life that performs for everyone else.

If you are thinking about suicide

- Autistic people deserve crisis support that understands them. Call or text 988 and say you are autistic if that helps you communicate.
- If talking is hard, use the 988 chat or text Crisis Text Line (HOME to 741741).
- If you are in immediate danger, call 911 or go to the nearest emergency room.

**If you are in
danger right
now**

Call or text **988** for the Suicide & Crisis Lifeline. If there is immediate danger, call **911** or go to the nearest emergency room.

This guide is educational information only. It is not medical, psychiatric, or crisis advice. If you are thinking about hurting yourself, contact 988 or 911 now.

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