

Mental Health Awareness Week - Neurodiversity

Neurodiversity is the idea that some people's brains are wired differently. These differences are simply variations of the human brain, and include conditions such

as:

Autism, ADHD, ADD, Dyslexia, Dyscalculia and Dyspraxia



15-20% of people are estimated to be neurodiverse

If Neurodiverse, you might find it harder to:

- Understand sarcasm or jokes
- Concentrate
- Process information
- Organise or manage time
- Cope with change
- Socialise with others
- Manage different emotions including anxiety
- May be more sensitive to things you hear, see, taste, touch or smell

Remember, we might not know if someone's brain is wired differently so it's important to be kind and patient with all!

You might be really good at:

- Thinking creatively
- Focusing on tasks they enjoy
- Writing stories
- Following routine
- Thinking logically
- Noticing details or patterns



Challenge!

Find out more by

clicking here

