



NEURO DIVERSITY
SIX MENTAL HEALTH SOLUTIONS



WHAT IS NEURODIVERSITY?

Neurodiversity describes the idea that people experience, process information and interact with the world around them in many different ways; there is no one 'right' way of thinking, learning, and behaving.



It's estimated that roughly 1 in 7 people in the UK are neurodivergent.

Those with neurodivergent conditions are often more at risk of suffering from mental illnesses. This is often due to a lack of support, and the stress of 'masking' to avoid negativity.



NEURODIVERSITY SUPER-POWERS

- People with ADHD have high levels of spontaneity, courage, and empathy. They can hyperfocus on certain tasks.
- Those with ASD pay attention to complex details, have good memories, and show certain "speciality" skills
- People with dyslexia can perceive certain kinds of visual information better than those without the condition.

Source: Harvard Health Publishing, Harvard Medical School & neurodiversityweek.com

Look out for the full SIX MHS Neurodiversity Campaign for more information on Neurodiversity and Neurodivergence.

we are here to **HELP** 0800 8807373

If you are concerned about your mental health and would like to talk to us about your options, please give us a call or send us a message at: helpline@sixmhs.com

