



NEURODIVERSITY  
SIX MENTAL HEALTH SOLUTIONS



## TYPES OF NEURODIVERGENCE

Most forms of neurodivergence are experienced along a 'spectrum'.

Each form of neurodivergence) has a range of associated characteristics and these can vary from individual to individual.

### EXAMPLES OF NEURODIVERGENCE INCLUDE:

#### **ADHD** (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

It is estimated that about 4% of the UK population has ADHD. It affects the person's ability to control attention, impulses and concentration, and can cause inattention, hyperactivity and impulsiveness. Some people have problems with attention but not the hyperactivity or impulsiveness. This is often referred to as ADD (Attention Deficit Disorder).

#### **ASD** (AUTISM SPECTRUM DISORDER)

It is estimated that about 1-2% of the UK population has ASD. It impacts how a person perceives the world and interacts with others, making it difficult for them to pick up social cues and interpret them. Social interactions can be difficult as they can have difficulty 'reading' other people and expressing their own emotions. They can find change difficult and uncomfortable.

#### **DYSLEXIA**

It is estimated that 10% of the UK population is dyslexic. Dyslexia is a language processing difficulty that can cause problems with aspects of reading, writing and spelling. They may have difficulties with processing information quickly, memory retention, organisation, sequencing, spoken language and motor skills. People with dyslexia can often be very good at creative thinking and problem solving, story-telling and verbal communication.

#### **DYSPRAXIA**

It is estimated that up to 5% of the UK population is dyspraxic. Dyspraxia relates to issues with physical co-ordination, and for most, organisation of thought. People with dyspraxia may appear clumsy or have speech impediments and might have difficulties with tasks requiring sequencing, structure, organisation and timekeeping. People with dyspraxia often have good literacy skills and can be very good at creative, holistic, and strategic thinking.

### OTHER FORMS OF NEURODIVERGENCE INCLUDE:

Dyscalculia, Dysgraphia & Tourette's Syndrome

Source: [webarchive.nationalarchives.gov.uk/ukgwa](http://webarchive.nationalarchives.gov.uk/ukgwa)

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



we are here to **HELP** 07480 726082

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](mailto:helpline@sixmhs.com)