



**Embracing  
Complexity**  
Webinar



**Emerging  
Minds**

**Starting soon**

**Conversations, Not Assumptions:**

Presentations of mental ill-health in neurodivergent young people

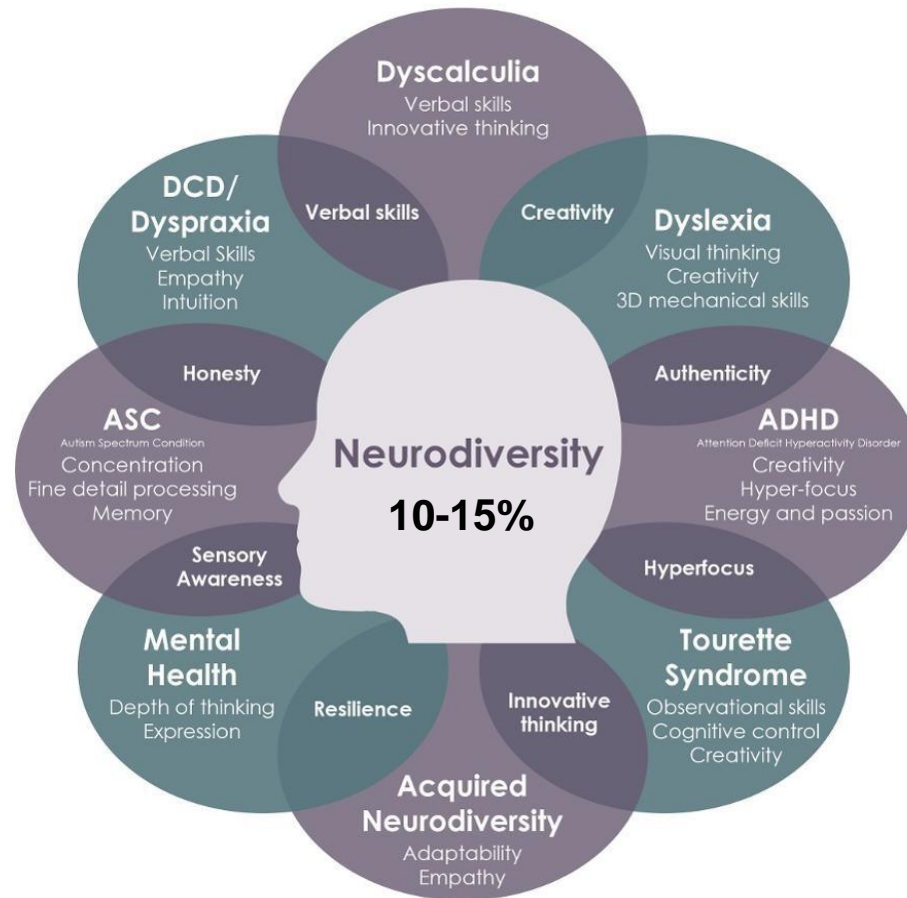
**#EmbraceComplexity**

**@EmbraceComplex**





# What is neurodiversity?



Created by Dr Nancy Doyle based on the work of Mary Colley

# Why is this important?

- Links between neurodevelopment and mental health
- Developing coping strategies and resilience
- Getting the right treatment/support
- Avoiding poor outcomes
- Directing research

# Overlapping and co-occurring conditions

- Overlap across neurodevelopmental conditions
- Common co-occurring mental health conditions

HEALTH INEQUALITIES

ADVERSE CHILDHOOD  
EXPERIENCES

GROWING UP DIFFERENT  
FROM PEERS

BIOLOGICAL DIFFERENCES

**Drivers of  
mental ill-health  
in neurodivergent  
people**

BULLYING

SOCIAL INEQUALITIES

COMMUNICATION  
DIFFICULTIES

DISCRIMINATION

TRAUMA

UNCERTAINTY

FAMILY STRESSORS

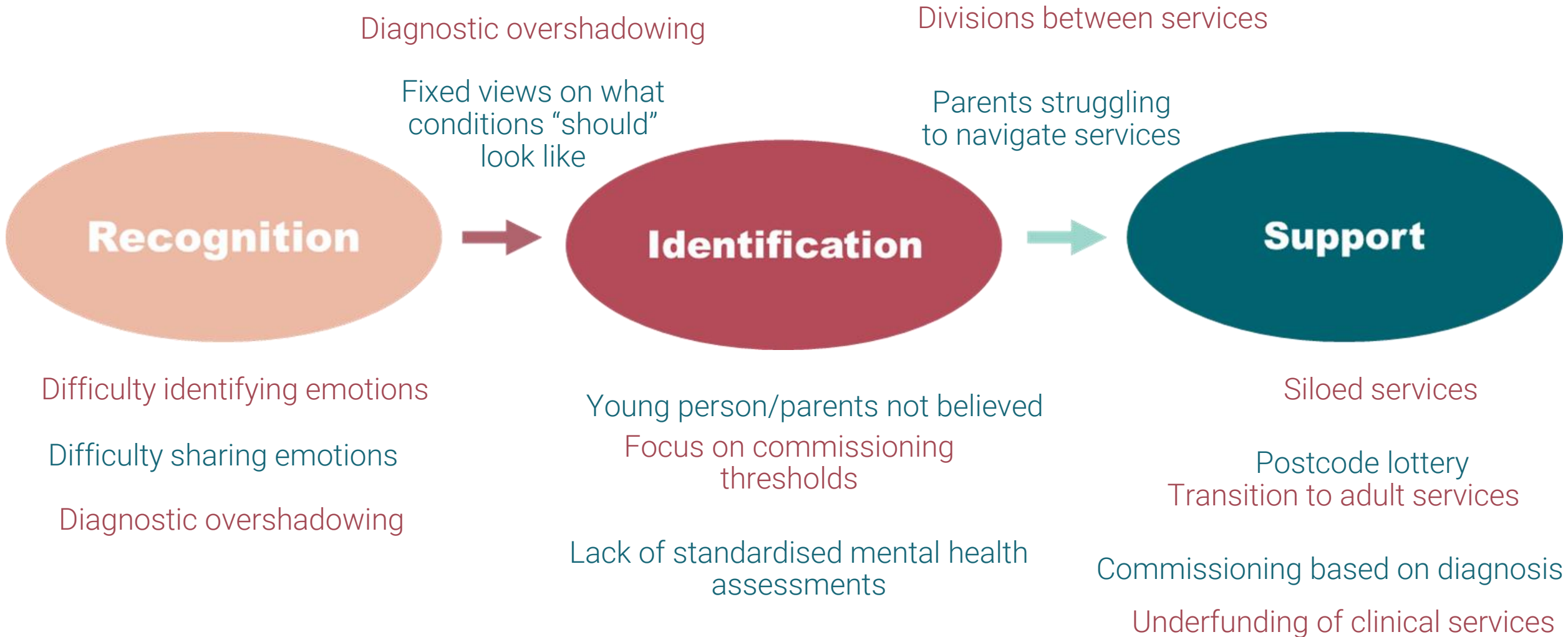
MULTIPLE MARGINALISATIONS

SENSORY DIFFERENCES

# Avoid making assumptions

- Neurodivergent people may react differently
- Impact of masking
- Changes from that person's "normal"

# Barriers to support



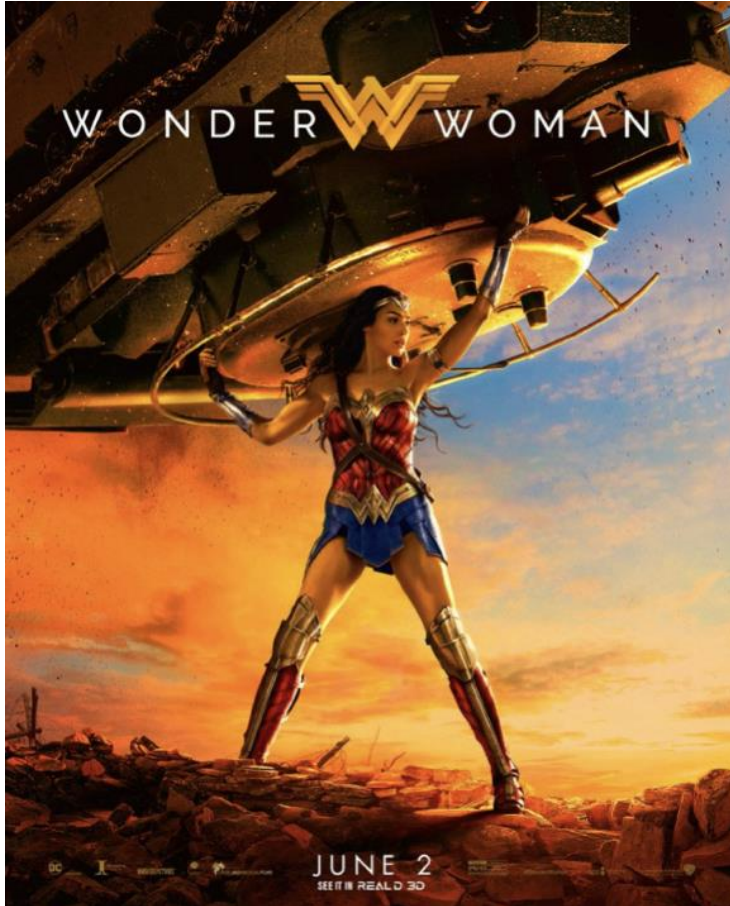


# What can we do differently?

- A child may “show” rather than “tell” – include the family
- Take time – don’t rush to diagnose/medicate
- Being open to not knowing
- Asking how and when to communicate
- Choice of location e.g. clinic, home, school, online
- Continuity of care

# Parent/carer mental health

Hope



Reality



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**More information:**

[embracingcomplexity.org.uk](http://embracingcomplexity.org.uk)

[emergingminds.org.uk](http://emergingminds.org.uk)

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