"Focus on my strengths and you'll see how able I really am"

> "Learning I was neurodivergent has made me accept my quirks and I now feel I belong"

#### Find the right support: Neurodiversity Pathways

Do you want to know where to find the right support around neurodiverse challenges?

Visit Discover Pathways to find support that is right for you at this time:

discoverpathwaysmoray.org.uk

# DISCOVER PATHWAYS TO WELLBEING Moray

The views expressed in this leaflet might not represent every neurodivergent person as individuals experience their neurodiversity in a different way.

With this leaflet we hope to encourage a positive perspective on neurodiversity by focusing on strengths and qualities, instead of challenges.

#### Do you want more information?

Watch our Neurodiversity campaign clip on YouTube, visit our website or contact us at:

hello@moraywellbeinghub.org.uk

Additional community-led research supported by Knowledge is Power programme hosted by SCDC and the Poverty Alliance.





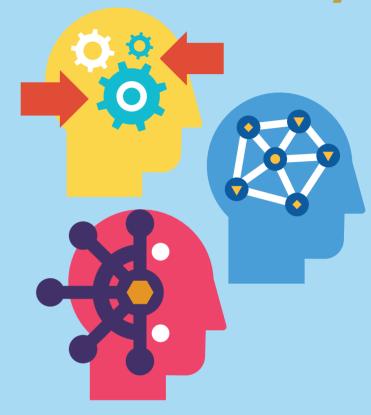


The Neurodiversity campaign is hosted by Moray Wellbeing Hub Social Movement and Enterprise harnessing the power of lived experience.



moraywellbeinghub.org.uk

### **Neurodiversity**



A positive perspective for understanding neurodiversity and celebrating neurodiverse strengths.

+ Tips for support with neurodiverse challenges.



## Neurodiversity Neurodiversity

Neurodiversity is the concept that brains work in a wide variety of ways. Many will work in a neurotypical way but there are also a lot of human brains that will work in a different or neurodivergent way. They are often put into categories such as autism, ADHD, dyslexia, dyspraxia/DCD, dyscalculia, FASD and many more. These differences can strongly affect a person's way of seeing the world. Their cognitive strengths and weaknesses, their values, their purpose in life and their sense of who they are. Often people think and talk about these conditions in negative terms but while there can be challenges, neurodivergent people can also bring very valuable insights, perceptions, skills and abilities with them.



It's time to focus on neurodiverse STRENGTHS!