

NEURODIVERGENT MINDS & LIFE AFTER SERVICE



STRENGTHS IN SERVICE. SUPPORT IN TRANSITION.

You're Not Broken — You're Wired Differently

Leaving the Armed Forces is never easy. The loss of structure, role and purpose can hit harder than you expect, especially if you're neurodivergent (even if it's never been diagnosed).



2-4 x
More likely

Male veterans under 25 are 2-4 times more likely to die by suicide than civilians (ONS & Samaritans, 2024).
That's not weakness — it's risk. And risk can be managed.



Your Strengths Still Matter

The same traits that made you a protector still live in you:

- Quick thinking under pressure
- Laser focus
- Strategic vision
- Creative problem-solving
- Loyalty and persistence



Why It Feels Hard



Routine and identity disappear overnight



"Who am I without the uniform?"



Hidden differences go unnoticed

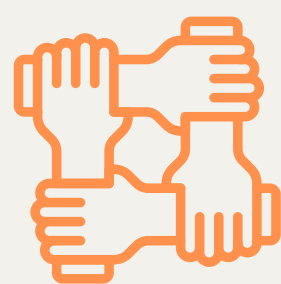


Mental health risks rise without awareness

What You Can Do



Talk openly about neurodivergence, be curious.



Build veteran-friendly support networks.



Ask for help that fits your brain.



Spot the signs early and act fast.



You protected others — now protect yourself.

Understanding how your mind works isn't weakness. It's strength.
Protect your mind. Protect your future. Save lives.



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