



WHAT HAS NEURODIVERGENCE GOT TO DO WITH ME?

MANY PEOPLE DON'T REALISE THEY'RE NEURODIVERGENT.

They may think they're just intense, sensitive, or different.

But living undiagnosed especially with autism or ADHD can increase risk of:



Abuse or manipulation



Misunderstood trauma responses



Suicidal thoughts and isolation

This talk challenges the idea that “this doesn’t apply to me.”

Because it might.

If you’ve ever felt like something was off, or like you didn’t fit in, you might be neurodivergent and that knowledge could protect you.



KNOWLEDGE IS POWER.

Understanding your brain, your boundaries, and your risk helps keep you safe. And it helps you recognise when someone else is struggling too.

Stay open. Speak kindly. Protect those who move through the world a little differently.



**Brought to you by Jack's Place – Advocating for
Men's Mental Health and Neurodivergent Awareness.**

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