

# Mountains of Mental Health

Neurodiversity & Mental Health...  
Observations from over 30 amazing  
years of working in Special Education

Janet Thompson

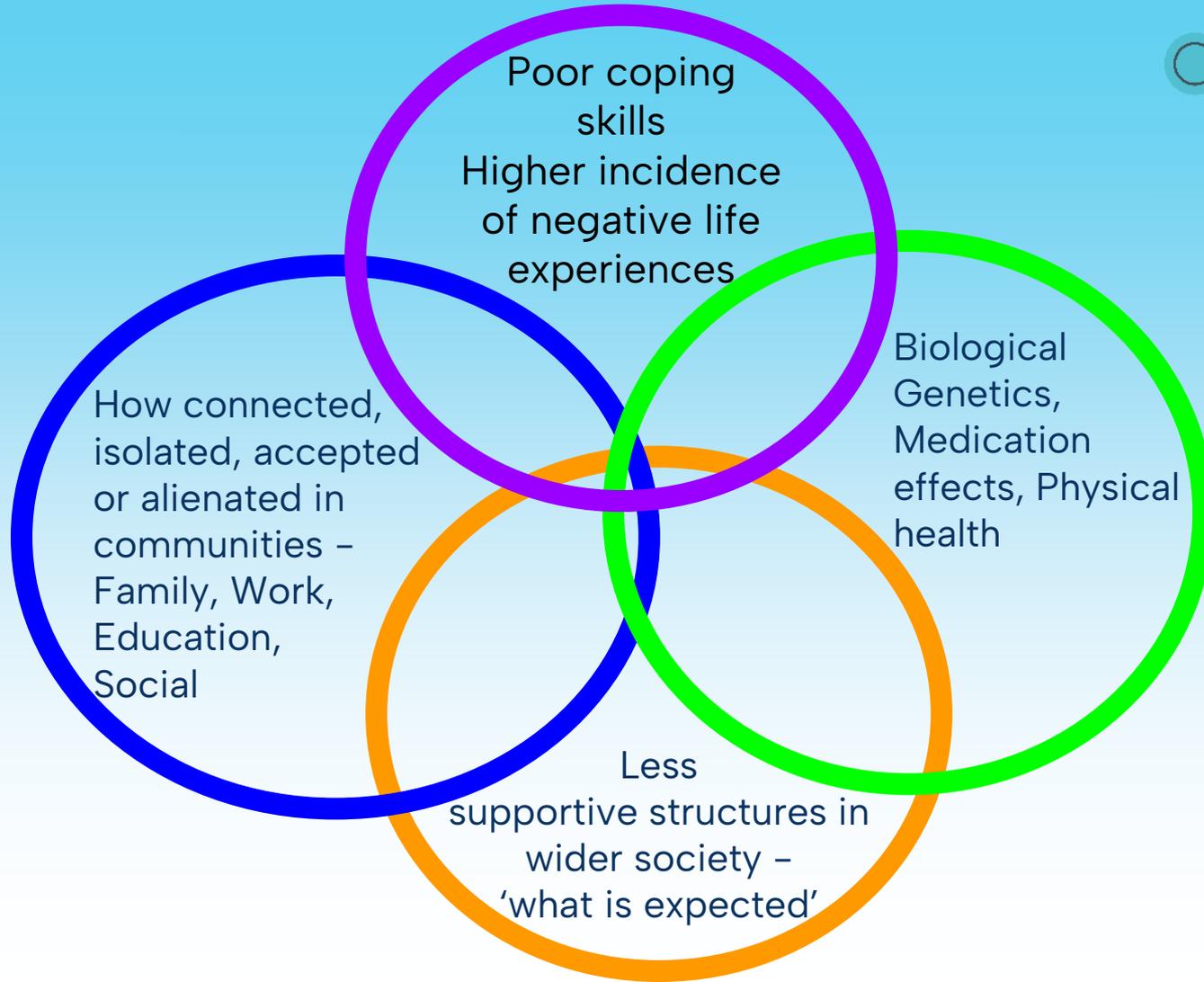


The range of differences  
in individual brain  
function and behavioural  
traits

a popular term  
that's used to  
describe differences  
in the way people's  
brains work



Neurodiversity















# Explicit not implicit

**No secret rule book**

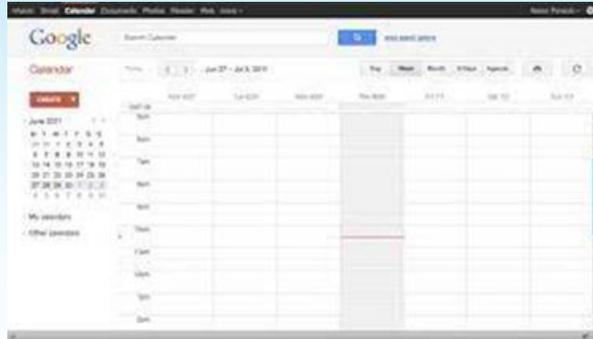
**Make work expectations crystal clear**

**Social expectations – are they explicit? (eg first name/full name)**

**Each workplace is a world unto itself – can you help others navigate your world?**



**Some strategies  
are simple...**



**Others may need  
more thought...**

**‘There are seven billion  
versions of normal on this  
planet’**

**– Matt Haig, Reasons to Stay Alive**

