



LOOKING AFTER YOUR **HEALTH AND WELLBEING** WITH ARTICLES COURTESY OF **TOGETHERALL** IN ASSOCIATION WITH THE **RESCUE BENEVOLENT FUND**

What is neurodiversity?

We all experience and interact with the world in a way that makes sense to us. Neurodiversity embraces the idea that there's no one right way to think, learn, behave or feel and describes the different ways human brains work¹, because there's no single definition of what 'normal' is, when it comes to the brain.

Typically, neurodiversity has been used to describe autism spectrum disorder, as well as attention-deficit hyperactivity disorder (ADHD) or learning disabilities. But neurodiversity can include medical disorders, learning disabilities, and other conditions. Neurodiversity also includes many strengths, such as an ability to problem-solve, focus on complex tasks, and identify patterns. Some neurodiverse individuals struggle because the processes and systems in place don't allow them to show some of these strengths. Neurodiversity conditions tend to be

invisible, so neurodivergent individuals may feel an internal experience of being out of step with the world or feeling alone in their struggles.

WHAT CONDITIONS ARE CONSIDERED NEURODIVERGENT?

Neurodiversity can include autism spectrum disorder, attention-deficit hyperactivity disorder, dyslexia and more. Individuals who may have some of these conditions may not identify as neurodiverse,

emphasising that every person is allowed to identify how they wish in a way that makes sense to them. Ben Locke PhD, Togetherall's chief clinical officer, encourages the use of a strengths-based model when discussing neurodiversity.

'It can be easy for people to feel left out or different when they process the world differently from others. Sometimes it isn't just about having a neurodiverse experience but the ripple effects of that experience across the rest of your life. But the act of sharing your lived experiences and connecting with others allows individuals to experience

validation and normalisation, recognise their strengths, understand the strengths of others, and to create a sense of belonging and acceptance across diverse experiences.'

WHERE TO GO IF YOU WANT TO EXPLORE MORE ABOUT NEURODIVERSITY

If you identify as neurodiverse, want to understand more, or know someone who is neurodiverse, the anonymous online Togetherall community is a safe space where you can share your experiences, ask questions, get advice and give comfort to others. You don't need to feel alone in your experiences.

WHAT TO EXPECT

Similar to social media networks, once registered, members can post about their experiences in a feed but, unlike social media, Togetherall is anonymous and monitored 24/7 by mental health professionals to keep the community safe and inclusive. Registration and membership is free to all operational team members of mountain, with membership costs covered by the Rescue Benevolent Fund. 🧡

REFERENCES

¹ health.harvard.edu/blog/what-is-neurodiversity-202111232645

TO REGISTER, GO TO **TOGETHERALL.COM/JOINNOW/RESCUEBENEVOLENTFUND**

OR SCAN THE QR CODE, CREATE YOUR UNIQUE USERNAME AND PASSWORD, THEN LOG IN AND GET CONNECTING



Opposite: Neurodiversity © Chen via Pixabay.



FIND US ONLINE AT **RESCUEBENEVOLENT.FUND** & VIA THE QR CODE OPPOSITE, OR ON FACEBOOK @RESCUEBENEVOLENTFUND



Mental health support online, **anonymous & 24/7.**

At Togetherall you can speak to someone who understands what you're going through, **anytime & anywhere.**



AS A MOUNTAIN OR CAVE RESCUE TEAM MEMBER YOU CAN ACCESS TOGETHERALL **FREE OF CHARGE**

The Togetherall digital mental health and wellbeing support service is a completely anonymous community where you can express yourself freely and openly. Professionally trained Wall Guides and clinical professionals monitor the community to ensure the safety and anonymity of all members.

Once you're registered and logged in, there's a range of activities that allow you to work through what's troubling you. **Share your thoughts and join a Talkabout** with other community members to share and discuss what's on your mind, gain support and advice or even offer YOUR support to someone else who needs it. You can do this with the whole community or form your own groups, or even one-to-one chats.

Alternatively, you can **make a 'brick in the wall' to express yourself and your feelings creatively** through drawing or by uploading your own images. Check out that wall and you'll see all manner of bricks: drawings simple and elaborate, poetry, heart-felt thoughts and feelings expressed, supportive messages, words of wisdom... one things you will know for sure is that you're not alone.

In addition to Togetherall's online community, you will have **access to a wealth of useful resources**. Join self-guided support courses covering the key topics which affect all our lives: **everything from anxiety, sleeplessness, depression to assertiveness training and problem solving.**

You can also take **clinically-approved self-assessments** to help you understand more about yourself. And if this hasn't yet persuaded you to register, there's also an extensive library of resources to discover, to help you understand more about yourself, and how you're feeling, and enable you to set goals and track your progress. 🧡

PARTNERING TO DELIVER PHYSICAL AND MENTAL WELLBEING SUPPORT TO MOUNTAIN AND CAVE RESCUE TEAM MEMBERS

