

3 ways to support a neurodivergent girl

Even if she looks like she's 'doing ok', and even if a diagnosis isn't part of the plan, exploring her needs now could save her life.

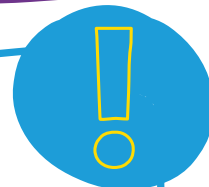


1

Understand the harm caused by doing nothing

- Girls are identified as autistic 6 years later than boys
- Autistic girls are more likely to 'mask' their traits so are less likely to get support
- Masking is a risk marker for suicide
- Unidentified autistic people seem to be at an increased risk of dying by suicide
- 1 in 5 autistic women with ADHD have attempted suicide
- 70% of autistic adolescents have co-occurring mental health disorders

→ More about the harm: neondaisyallies.org.uk/harm



2

'Think neurodivergence' in appointments

You may see girls in a health appointment for things like mental health concerns, sleep, eating, toileting or physical problems. Sometimes these can be caused by unidentified neurodivergence.

→ Spotting neurodivergence in health appointments: bit.ly/ndhealthsigns



3

Signpost parents to the NeonDaisy families website

Even if diagnosis isn't part of the plan, and even if she seems to be 'doing ok', please signpost parents and carers to the NeonDaisy families website. It will help them understand more about neurodiversity, and they'll also find connections, role models and other resources to support their girl.

→ Info for families: neondaisy.org.uk

