

NAVIGATING MENTAL HEALTH CARE:
AN AUTISTIC PERSPECTIVE
with a neurodivergent slant

BY LAURA EDWARDS

Why is life so HARD?

What's wrong with me?

I'm fine!

Autism Services
partner
social services
SAFE family
GP
employer

FEAR ☹️
+ Depression
+ Anxiety
+ PTSD
= Burnout

DEEP DISTRUST

Recovery

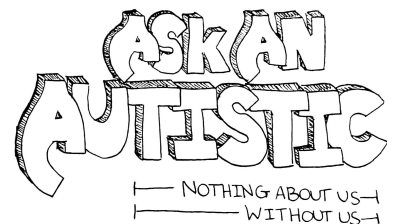
SOMEONE LIKE ME

Autism! this fits me

Bi-Polar?
BPD?
Depression?
PMS?

Space for your thoughts:

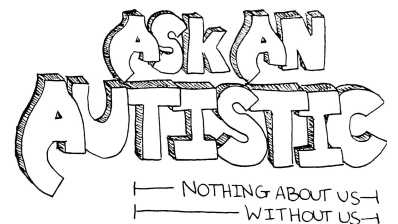
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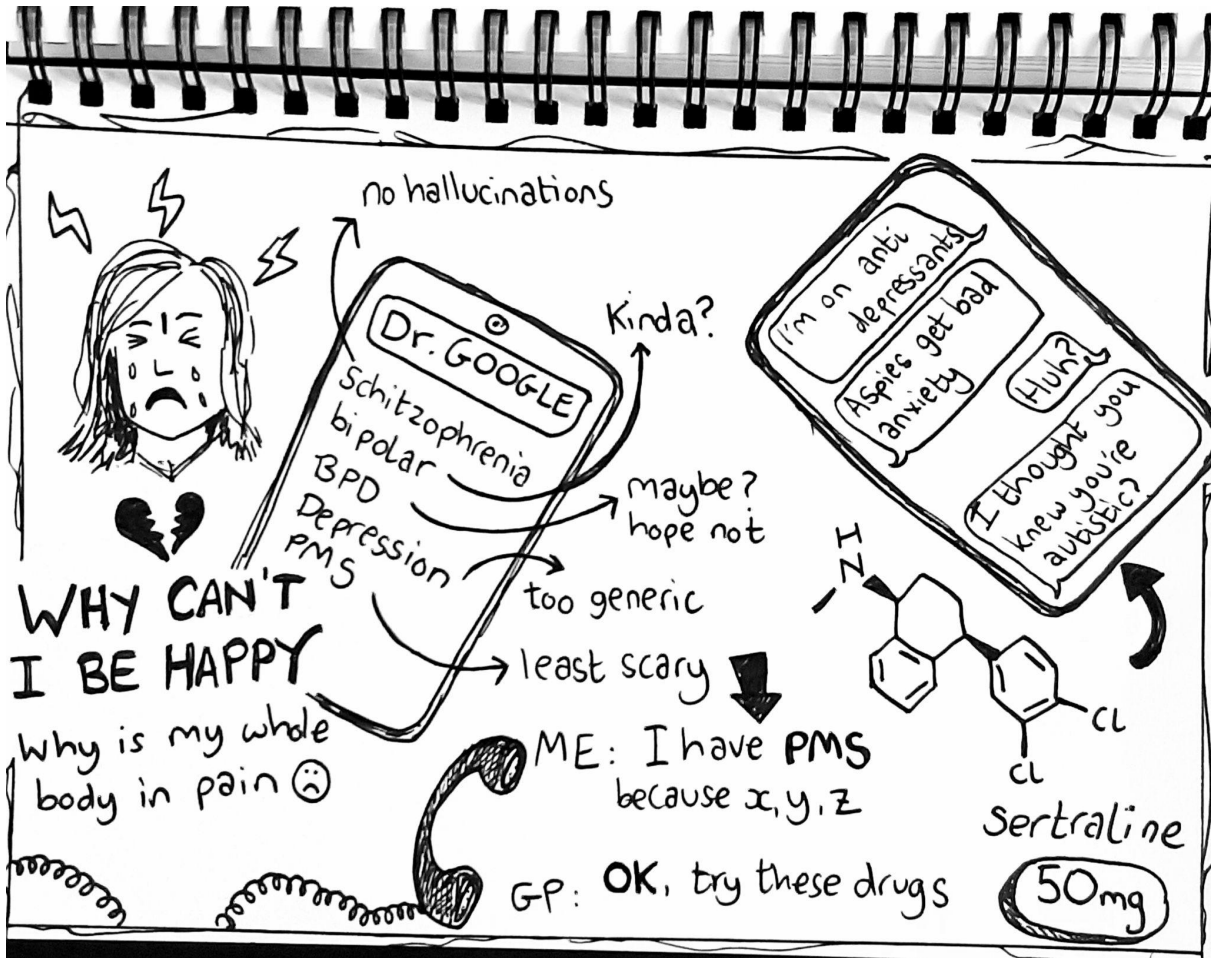




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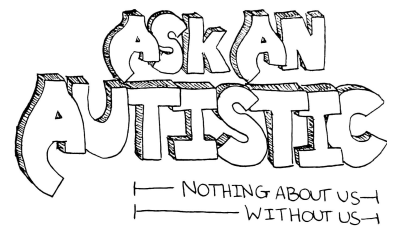
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ME: It's not PMS,
I'm autistic!
...15 minute infodump...

GP: OK, I'll refer you
for an assessment.

Enlightenment!
Emotions!
Boundaries!
Understand
Childhood!
Friendship!
sensory aids!
Community!
Brand new me!

ASKED FOR HELP

Partner
- understand me
- support

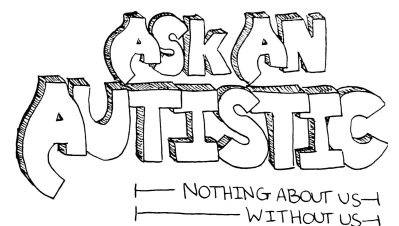
Employer
- understanding
- support
- reasonable adjustments

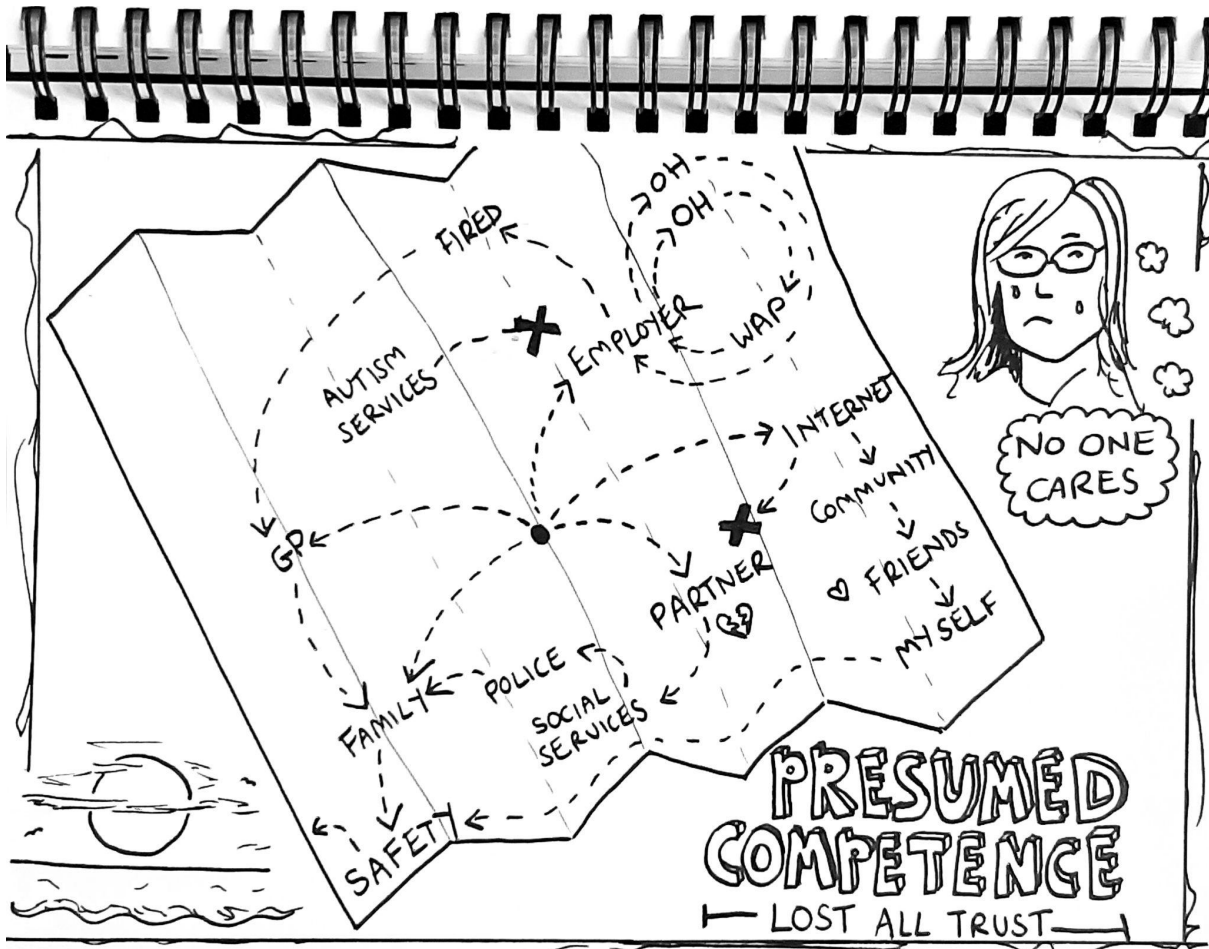
EUPHORIC

STARTED
SMILING
AGAIN

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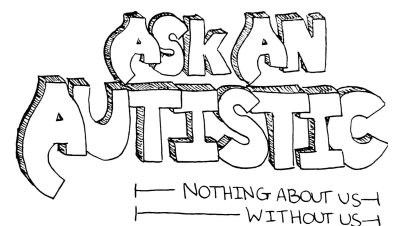
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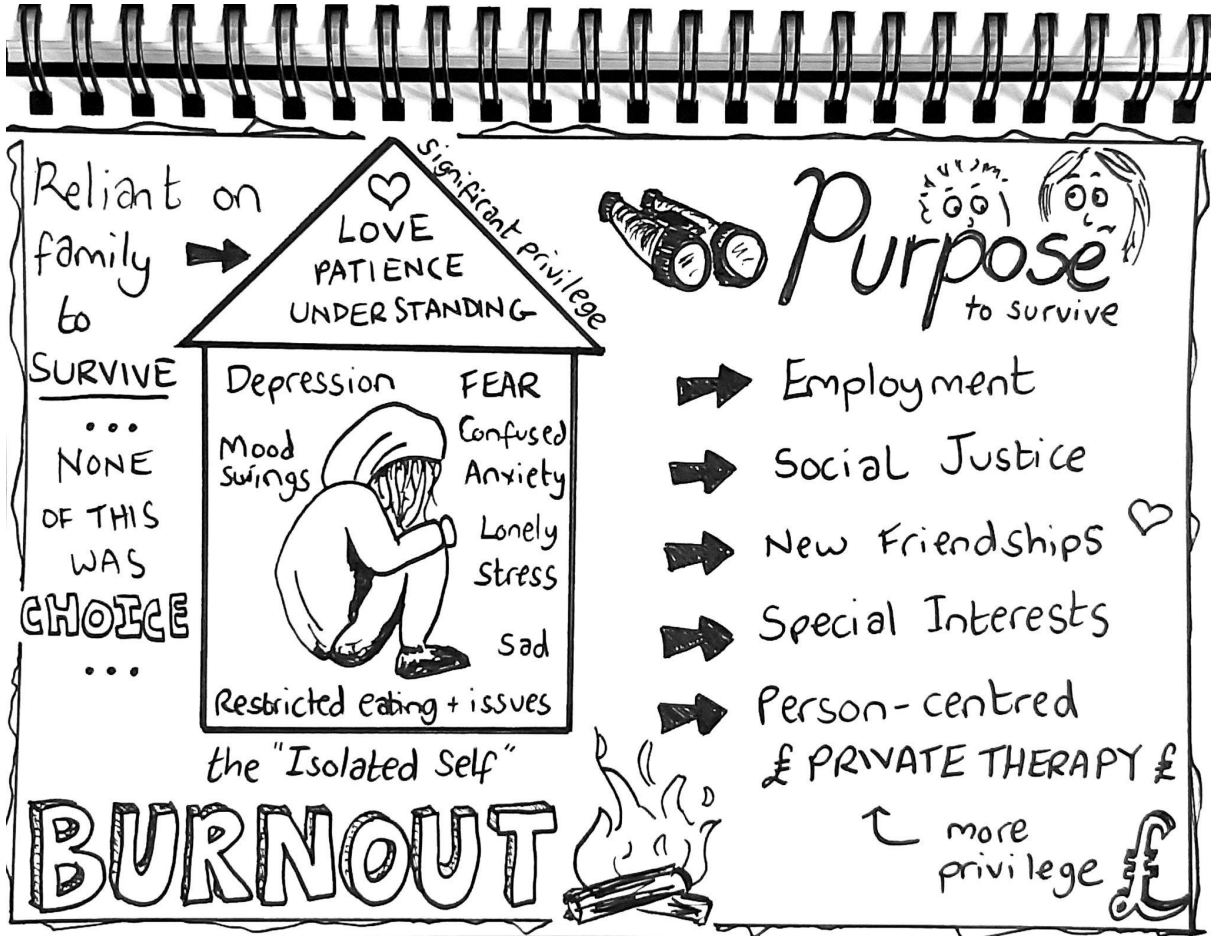




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