



# NEURODIVERSITY WORKSHOPS

*THE PORTSMOUTH ND TEAM*



## SLEEP

THIS WORKSHOP LOOKS AT HOW SLEEP CAN BE IMPACTED BY NEURODIVERSITY. WE DISCOVER HOW SLEEP IMPACTS YOUNG PEOPLE.

YOU WILL LEARN HOW TO SUPPORT A YOUNG PERSON WHO FINDS SLEEP DIFFICULT.

## ANXIETY

IN THIS WORKSHOP WE LOOK AT NEURODIVERSITY AND ANXIETY. WE CONSIDER SIGNS OF ANXIETY AND HOW ANXIETY BUILDS UP. WE COVER BURNOUT AND AVOIDANCE TOO.

THIS WORKSHOP IS CO-DELIVERED WITH THE MENTAL HEALTH SUPPORT TEAM (MHST)



## MASKING

THIS IS OUR WORKSHOP TO FIND OUT WHAT MASKING IS AND WHAT THE CHARACTERISTICS ARE.

LEARN HOW IT IMPACTS YOUNG PEOPLE AND WHAT WE CAN DO TO SUPPORT THEM.

## THE ND TEAM

FIND OUT WHO WE ARE AND WHAT WE DO! LEARN WHO IS IN OUR TEAM AND WHAT THEY DO.

EXPLORE HOW WE SUPPORT FAMILIES AND THE RESOURCES WE SHARE.



**e-mail the team to book: [neurodiversity0-19enquiries@portsmouthcc.gov.uk](mailto:neurodiversity0-19enquiries@portsmouthcc.gov.uk)**