



Understanding neurodiversity

Stigma can arise due to insufficient awareness and understanding of a particular group of people. This is a common issue that neurodiverse individuals can experience. Gaining more knowledge about different neurodivergent conditions is important for everyone, as it can help reduce the associated stigma.



Discovering you have a neurodiverse condition in adulthood.

A diagnosis of a neurodivergent condition such as ADHD, Autism, or dyslexia in adulthood can be both a relief and a worry. Discover some signs to look out for.

[Read more](#)

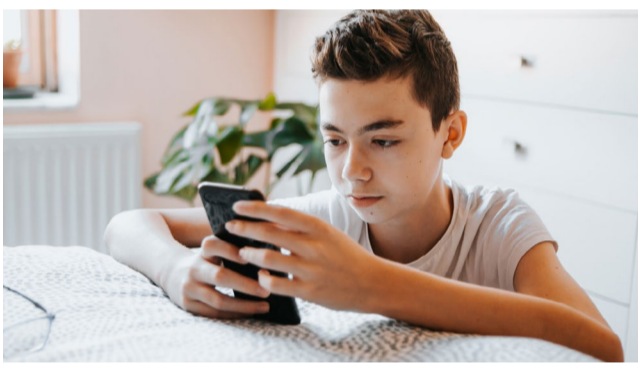


Exploring autism spectrum disorders (ASDs).

Autism spectrum disorders are defined as a diverse group of conditions, characterised by some degree of difficulty with social interaction, sensory processing, executive functioning, and communication.

[Read more](#)

Exclusive for registered users.



Keeping neurodiverse kids safe online.

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Social media: The good, the bad, and the balance.

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Big brands, huge savings with Exclusive Offers.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like Care.com, ResMed, Zap Fitness, and many more.



[Access offers](#)

Note that your organisation's program may not include Exclusive Offers. If you are unable to access the above offers, review your workplace benefits or speak to your HR representative.

More to explore this month.

- Join us for an all-access webinar: [Neurodiversity at Work](#) on Thursday, 18 April at 1 pm AEST.

Organisations that invest time and resources into the recruitment, retention and support of neurodivergent workers reap many benefits. They stand to gain a competitive edge by encouraging new ways of viewing the world and problem-solving, as well as championing diversity and inclusion within the workplace culture.

This session provides colleagues and managers who support neurodivergent team members a deeper understanding of neurodiversity, addresses misconceptions and encourages the embracing of possibilities that inclusion of the neurodiverse community brings.

This webinar will be recorded. A link to the recording will be emailed to all webinar registrants within two days following the event.

- We are thrilled to announce the inaugural TELUS Health Wellbeing Awards 2024 – an initiative designed to recognise and celebrate businesses and individuals from across the world who go above and beyond to prioritise wellbeing within their organisations. For more information and to register, visit our dedicated [Awards page](#).
- Visit the [General Enquiry](#) form of TELUS Health One for help navigating the mobile or web app, accessing online resources or for information on counselling services.



We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's program may not include all services and features mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your HR representative.