



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.

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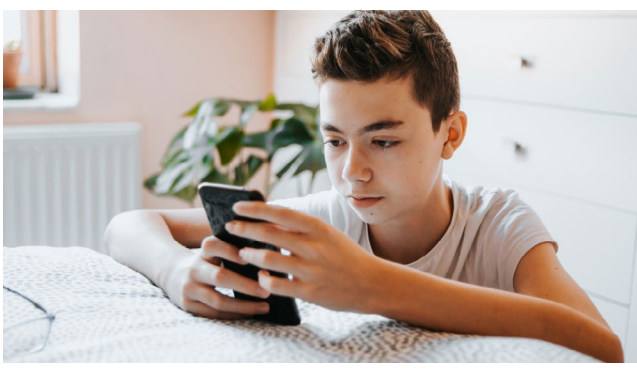


Exploring autism spectrum disorders (ASDs).

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

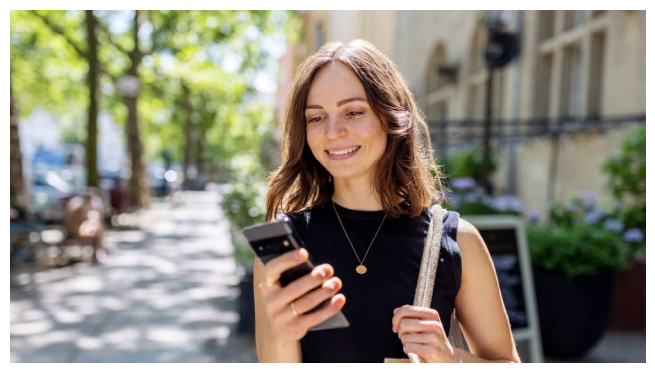
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Keeping neurodiverse kids safe online.

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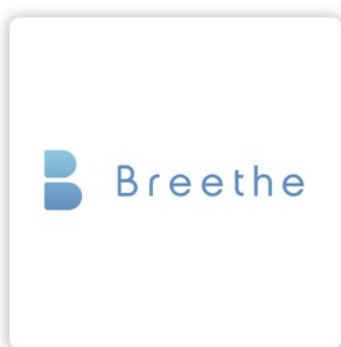


Social media: The good, the bad, and the balance.

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More to explore this month.

- We are thrilled to announce the inaugural TELUS Health Wellbeing Awards 2024 – an initiative designed to recognize and celebrate businesses and individuals from across the world who go above and beyond to prioritize wellbeing within their organizations. For more information and to register, [click here](#).
- Discover TELUS Health [Health and Wellness Coaching](#). Choose from one of our six specific digital program modules, like stress management or tobacco/nicotine cessation, and work at your own pace with your dedicated coach to find the motivation you need to reach your personal goals.
- Need help navigating changes and challenges? Visit our [CareNow programs](#), a collection of digital self-help programs available across various health topics that you can access when you like, at your own pace.

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

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.