



Understanding neurodiversity

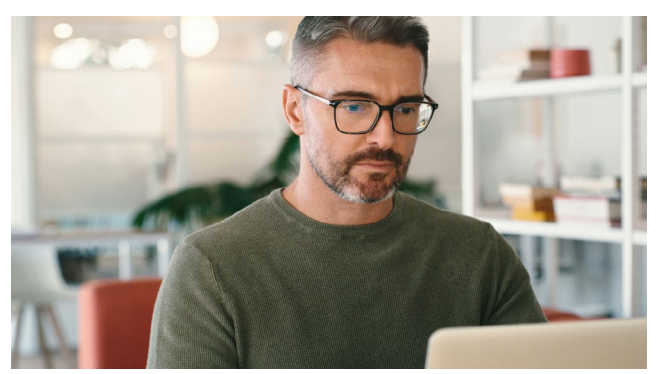
Stigma can arise due to insufficient awareness and understanding of a particular group of people. This is a common issue that neurodiverse individuals can experience. Gaining more knowledge about different neurodivergent conditions is important for everyone, as it can help reduce the associated stigma.



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.

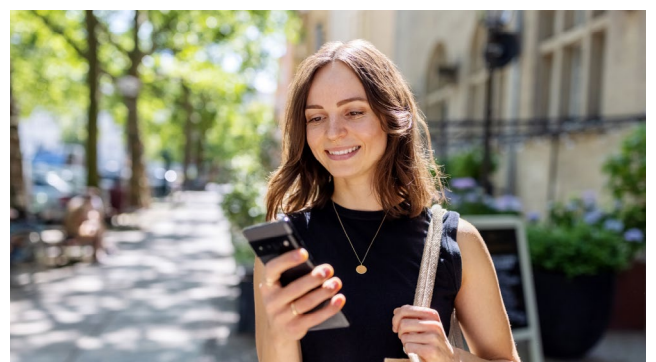
[Read more](#)



Keeping neurodiverse kids safe online.

Never has so much information been available online to children and teens. This can be especially worrying for parents of children who have been diagnosed with a neurodiverse condition.

[Read more](#)



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

We're using social media more and more. Is that good or bad for our mental health? Does it boost our self-esteem, or cause more anxiety? The answer is—both.

[Read more](#)

More to explore this month.

- Explore [Support & Resources](#) and discover helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.
- 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](#).



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

Your organisation's programme 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.