

## Post-Diagnostic Support- East Lothian & Midlothian

### Who are we?

Salvesen Mindroom Centre is a charity dedicated to supporting and empowering neurodivergent children, young people and families.

We do this through direct support, education, advocacy, and research (in partnership with Salvesen Mindroom Research Centre).



### What is neurodiversity?

The word **neurodiversity** is used to explain that we all have different brains.

Being **neurodivergent** means that your brain processes information in a way that is different to most other people. It might mean that you are autistic, dyslexic, or ADHD, for example.



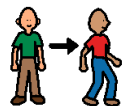
### Who is this service for?

This new service is aimed at **autistic adults aged 18-25** years old in **East Lothian or Midlothian** who:

- Have been given an autism **diagnosis** at any point, or
- Have had an assessment where there has been no formal diagnosis, but they **identify** as autistic.

It is a **voluntary** service, meaning that individuals can choose to stop working with us at any time.

This service is funded by Inspiring Scotland until March 2024.

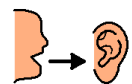
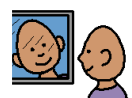


### What will the sessions involve?

We offer short-term confidential, 1:1 support through a blend of **in-person and online** working. Everyone's needs are different, but you might want to:

- **Reflect** on the assessment process
- Better **understand** your diagnosis (if one has been given)
- **Explore** what this might mean for you
- Develop **strategies** and **skills** to support you in these areas.

We can also help you develop **skills to communicate your needs** with others in your life and support you in doing so (if you wish).



## What topics can we cover?

Sessions might cover a **variety** of topics. We will work with you to identify which areas you would like to explore in more detail. These might include:

- What is **neurodiversity**?
- **Sensory** experiences
- **Communication** differences
- Understanding and managing **anxiety**
- **Relationships** and boundaries
- **Executive functioning** skills
- **Self-care**



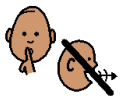
## We will / can...

- **Listen** to you
- Work with your **strengths** and **skills**
- Help you to **understand** and **share** your needs with others
- Be **understanding**
- Work at your **pace**.



## We won't / cannot...

- **Tell you** what to think or do
- Guarantee to **solve** your problems
- Make **promises** we can't keep
- Provide **counselling** or other psychological services
- **Change the outcome** of any assessment that has been made.



## Consent & confidentiality

When we begin working with you, we will share our **privacy statement** which explains how we will look after your information. We will also ask you to sign a **consent form**.



We will share your information with other people **if you want us to**. The only time we would need to share your personal information without your permission is if we are worried that you, or someone else, might not be **safe**.



## How to get support

If you think this project looks like it might be helpful for you, you can contact us on:

**Phone:** 0131 370 6730 (Direct Help and Support Team)

**Email:** [directhelp@mindroom.org](mailto:directhelp@mindroom.org)

<https://www.mindroom.org/contact-us/>



You can also ask a parent, carer, or professional to contact us on your behalf.