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

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