

**Welcome to the new Neurodiversity Bulletin!**

**To ensure that you continue to receive the appropriate bulletin(s) please complete this very brief form [LD + ND Mailing lists – Fill in form](#)**

## Studies

### [Antipsychotic treatment in children and adults with ADHD: a systematic review of efficacy and safety](#)

The use of antipsychotics in the treatment of attention-deficit/hyperactivity disorder (ADHD) is becoming an increasingly common practice, especially if psychiatric comorbidities are present.

### [Not an Ideal Worker, Not a Disabled Worker: The Experience of Disclosing Invisible Disabilities at Work](#)

Employees living with invisible disabilities, such as mental health conditions and chronic pain, face decisions around disclosing their disability in the workplace.

### [Digital Health Interventions for Sexual Health Education Among Adolescents With Autism Spectrum Disorder: Scoping Review](#)

Adolescents with autism spectrum disorder (ASD) experience persistent barriers to accessing comprehensive and developmentally appropriate sexual health education. Conventional curricula often fail to reflect their cognitive, social, and communication needs, increasing vulnerability to misinformation and sexual exploitation.

### [Autistic Children's Wellbeing at School: A Systematic Review](#)

Student wellbeing is a critical yet underexplored area of research in autistic children, with clear implications for school and post-school outcomes.

### [The Boredom-ADHD Nexus: A Narrative and Meta-Analytic Review of the Evidence](#)

This paper examines the intersection of attention-deficit/hyperactivity disorder (ADHD) and boredom.

### [Operationalization, validation, and universalization of the 2025 IDA definition of dyslexia](#)

In October, 2025, following an international survey and review of the 2002 working definition of dyslexia, the International Dyslexia Association promulgated a revised definition.

### [Acceptability and usability of the International Classification of Functioning CoreSets for Autism platform: Evaluation by U.K. autistic adults](#)

A diagnosis of autism does not provide sufficient information to understand how the world is experienced by an autistic person. The World Health Organisation's International Classification of Functioning (ICF) Core Sets for autism provides a framework from which a more in-depth understanding of an autistic person's profile of strengths and needs can be acquired.

### [Enabling Participation: The Development of a Neurodiversity-Affirming Screening Process for Real-Time Adaptations in Court](#)

Going to court can be really hard. It puts a lot of pressure on things like language, understanding what is happening, staying focused, remembering details, thinking quickly, using your senses, and managing emotions. These are all areas where neurodiverse people often face challenges.

## Toolkits

[A practical approach to neurodiversity-affirming care and support: Interactive toolkit](#)

This toolkit has been developed by Neurodiverse Connection to support our practical approach to neurodiversity-affirming care and support across health, education, and social care.

## Podcasts

[Why Getting Help With ADHD Can Feel So Complicated](#)

Why does getting help sometimes feel like cheating? In Part 2 of this live Something Shiny: ADHD! conversation, recorded at The Neurodiversity Alliance Leadership Summit, Jesse Sanchez joins David and Isabelle alongside Student Ambassador Safia Mohammed to unpack the complicated emotions many neurodivergent people experience around support and accommodations.

## Blogs

[Anxiety and ADHD can overlap – here's how to untangle these widespread mental health disorders](#)

For decades, one of the greatest challenges to treating neurological disorders like attention-deficit/hyperactivity disorder is that its symptoms often resemble those of several other conditions. Overlapping disorders are extremely common when it comes to neurological diagnoses.

[Not just boys: The overlooked story of ADHD in women and girls](#)

When people think about attention-deficit/hyperactivity disorder (ADHD), they often picture a hyperactive young boy running around a classroom, not the quiet girl daydreaming in the corner, the chatty student who can't finish her work or the mother who is chronically late and constantly searching for her keys.

[Your child has pathological demand avoidance? Here's what it means – and 9 tips for what to do](#)

For some children, everyday demands such “brush your teeth” or “time to get off of your computer game”, can trigger intense anxiety and extreme resistance. When this type of response affects everyday life it may fit into the pattern of behaviour known as pathological demand avoidance, or PDA.

["I Thought My AuDHD Made Me Unique. Then I Went on TikTok"](#)

“All my life, I'd felt weird, different. I had clung to that as a form of identity. Even when it hurt, even when I felt alone, I had accepted my quirks as mine. But TikTok held up a mirror I hadn't requested — and in that mirror, I saw not one reflection, but hundreds. Thousands. My traits, once mine alone, were playing out on screens all over the world. It felt like I'd been cloned and scattered across the Internet.”

[How To Present Neurodiversity on Your CV](#)

A person's curriculum vitae (CV) is a chance to summarize their experiences. It lists which schools and universities they attended, which jobs they've held, and which qualifications they have for jobs they're applying to. However, there is one question neurodivergent individuals can find themselves asking when writing their CV: How do I present my neurodiversity?



### [Critiquing PBS: it is missing lived experience](#)

We're joined on the blog today by Lizzie Smith, NdC's Communications Lead, for the first blog of our latest campaign 'Against PBS & ABA'.

### [Supporting Your Neurodiverse Child Through the Transition from Primary to Secondary School](#)

The move from primary school to secondary school can be a challenging time for any child. For neurodiverse children, including those with ADHD or Autism, this transition often brings additional hurdles. Changes in routine, new social environments, and increased academic demands can create stress and anxiety.

### [The Schools White Paper – our six big questions](#)

It's been three weeks since the publication of the Schools White Paper and we've been going over the proposals carefully. There was a lot to read but despite the volume of data released, we still have a lot of unanswered questions, and we are waiting for more details in many areas.

### [A practical approach to neurodiversity-affirming care and support: our new interactive toolkit and alternative to PBS plans](#)

We're joined on the blog today by Kay Louise Aldred, NdC's Development Lead, for the second blog of our latest campaign 'Against PBS & ABA'.

### [Why Routine Can Be a Powerful Tool for Neurodivergent Mental Health](#)

Living with neurodivergent mental health can make daily life feel unpredictable. Small changes in routine, however, can create a sense of stability and control. Simple patterns, like consistent wake-up times, planned meals, or evening wind-downs, act as anchors for focus and emotional balance.

### [Rethinking mindfulness: Why movement might be the missing piece for your ADHD clients](#)

In this post, chartered psychologist Dr Tamara Russell discusses why movement offers something stillness-based practices simply cannot when working with ADHD clients.

### [Growing up autistic...](#)

What I remember most about being young was feeling confused and that everything was too much. Too bright, too noisy, being taken to places I wasn't prepared for somehow, and having intense feelings that would unexpectedly colour my whole day and affect me deeply.

### [OCD, Autism, & Meg](#)

For as long as I can remember, I've been a sensitive person, making sure everyone is okay and wanting things to happen in a certain way and routines followed. However, things started to feel different and over time, the anxiety grew stronger and more demanding.

### [SPACE: An Autism-informed framework](#)

Today Lucy Gilbert, NdC's Lived Experience Lead, is sharing the third blog of our latest campaign 'Against PBS & ABA'.

## News

### [Neurodiversity Index Report 2026](#)

It's live! the Neurodiversity Index Report in partnership with City and Guilds Foundation.



### [LDAN Bill draft provisions statement](#)

The Scottish Government has published proposals for the Learning Disabilities, Autism and Neurodivergence (LDAN) Bill. This is hugely welcome and makes a number of welcome proposals we have been calling for as part of our Act Now for Autistic Rights campaign.

### [Mental health support must adapt to meet neurodivergent children and young peoples' needs](#)

Neurodivergent children and young people experience disproportionately high levels of mental health difficulties, but current support often fails to meet their needs, a new briefing Strengths-based support for neurodivergent children and young people finds.

### [Trump and RFK Jr touted leucovorin as a treatment for autism. The FDA quietly walked it back](#)

Outpatient prescriptions for the drug increased 71% after the announcement, but the FDA later approved it only for folate deficiency.

### [Independent autism committee that challenges RFK Jr's overhaul draws criticism](#)

Kennedy's appointees promoted 'treatments' like bleach enemas, but new committee has only one autistic member.

### [Numeracy for Life Committee launch call for evidence](#)

The House of Lords Numeracy for Life Committee has published its call for evidence on the importance of numeracy throughout life and how numeracy levels can be improved.

### [Schools White Paper Proposals to Reform SEND Provision: Our Response](#)

We were encouraged by the proposals in the Schools White Paper to support more children with special educational needs within mainstream settings. The announcement of a £1.6bn fund to be made directly available to schools to become more inclusive is a welcome step forward.

### [Our response to proposed changes to post-16 qualifications March 2026](#)

We welcome the publication of the Government's response to the consultation into post-16 level 3 and below pathways, and the announcement of nearly £800m of extra funding for post-16 education.

### [Ways that OCD can impact mums](#)

Living with OCD for anybody can be deeply distressing and isolating, and the condition often targets what matters most. For mums with OCD that will be your ability to love and care for your child.

### [Uta Frith: why I no longer think autism is a spectrum](#)

The autism spectrum has widened to the point of collapse, affecting how teachers should support autistic pupils in the classroom, researcher Uta Frith tells Helen Amass.

### [So why is autism on the rise?](#)

A few months ago, I attended the annual conference of a highly esteemed neurological professional body (who shall remain nameless...) I was there to present, but I also sat in on several talks. One in particular has stayed with me, not because it was groundbreaking, but because it was entirely the opposite.

### [Recruitment and neurodiversity – why equity matters](#)

In my time, I've applied for many, many, many roles. Mostly unsuccessful.

### [Neurodiversity Week: Elle's story and how late ADHD diagnosis gives context to the past and clarity for the future](#)

I grew up in a time when mental health wasn't part of everyday conversation. In the early 2000s there wasn't the language awareness or compassion that exists today around neurodivergence.

### [Creating inclusive learning environments](#)

At the Sensational Learning Centre, inclusion is present in the quiet moments when a pupil enters our building and visibly relaxes, in the carefully structured routines that make participation possible, and in the relationships that allow our pupils to feel recognised rather than managed.

### [Neurodiversity-aware mediation: Making dispute resolution fair for everyone](#)

At The Brain Charity, we believe that true inclusion means ensuring people can participate fully in every area of life, including when they find themselves in a legal dispute.

### [Neurodiversity Celebration Week: From Awareness to Action](#)

"Neurodiversity" is a word we hear more and more — and thankfully so. It reminds us that every brain processes, senses and communicates differently, and that these differences are a natural and valuable part of being human. But while awareness is growing, real change only happens when we move from knowing about neurodiversity to doing things differently.

### [People create neuroinclusion, not processes](#)

In Neurodiversity Celebration Week, we wanted to share one thought which seems relevant to our changing world.

### [Life with my autistic sons: 'How do you explain all the worries, the sleepless nights?'](#)

When James Hunt began posting about his boys online, it was a way to describe the emotions and experiences of their extraordinary lives. In sharing his family's joy and struggles, he realised they weren't alone.

### [I was struggling to understand my autistic son - until we watched an episode of Doctor Who](#)

A combination of autism and ADHD caused outbursts, confusion and stress that my son couldn't understand – until he saw David Tennant behaving the same way.