

Welcome to the new Neurodiversity Bulletin!

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Studies

[Fit-for-purpose Psychological Interventions to Support the Well-Being of Autistic Adults: A Systematic Review](#)

There are high levels of co-occurring mental health diagnoses reported for autistic adults, yet research into psychological interventions that support wellbeing is only just emerging.

[Brief Narrative Family Therapy and Autism Spectrum Disorder: A Neuro-Informed Intervention](#)

The global prevalence of the neurodevelopmental condition of autism spectrum disorder has notably risen in recent decades.

[Family Adaptation in Families with Autistic Members: A Scoping Review and Thematic Synthesis of Relational Systems, Context, and Development](#)

This scoping review synthesizes empirical research on how autistic family members shape family dynamics across relational subsystems, cultural contexts, and developmental stages.

[From Disruption to Connection: A Family-Based Practice Model for Enhancing Relationships in Families of Autistic Adolescents](#)

Research examining family relationships in families with autistic members remains limited, and integrative frameworks that translate evidence into family focused practice are scarce. Existing interventions often prioritise individual symptom management rather than strengthening family relationships and connectedness.

[Grief, Bereavement, and Related Care for People With Autism: a Scoping Review](#)

Grief is described as a universal experience that arises in response to loss, particularly the death of a close person (Rosenblatt, 2008).

[Understanding the impact of prior depressive and anxiety symptoms and autism diagnosis on menopause symptoms](#)

There is growing awareness from qualitative research studies that menopause may be particularly challenging for autistic people.

Guidance

[Neurodiversity Pocket Guide](#)

Neurodiversity acknowledges that each person's brain is unique. Our brains work and interpret information differently and we all bring individual experience, strengths, and assets to a situation. This pocket guide has been developed by RCN members with lived experience of neurodivergent conditions and neurotypical stakeholders with an interest in neurodiversity.



[Neurodiversity Guidance for Employers](#)

Neurodiversity acknowledges that each person's brain is unique. Our brains work and interpret information differently and we all bring individual experience, strengths, and assets to a situation. This guidance includes what steps employers can take to support employees and details an employer's and line manager's responsibilities to their staff members.

[Neurodiversity Guidance for Employees](#)

There are many reasons that inclusive and diverse workforces are something to strive for. Each individual has different skills and experiences that can enrich workplaces. Good employment practices ensure their talents can be utilised and developed.

[Neurodiversity Guidance for Universities, Students, Practice Assessors and Supervisors](#)

Universities should be committed to supporting all students to succeed, including those with disabilities and neurodiverse conditions. There is a legal duty to make reasonable adjustments to remove barriers that may disadvantage disabled students compared to their peers.

Blogs

[The Orthodoxy of PBS in Schools](#)

In response to our AGAINST PBS&ABA campaign and the launch of the Neurodiversity Affirming Toolkit, today's Guest Contributor reflects on their experience as a SEND professional and Neurodivergent parent.

[Madness in Education: Doing the Same Thing Over and Over Again and Expecting a Different Outcome](#)

Whether Albert Einstein actually said those exact words or not, the quote resonates deeply when we look at how many neurodiverse children are still treated within education today.

[Seeing and Holding Space for Your Community: My Experience Facilitating the Black Autistic Meetup](#)

We are joined by, Antonia Aluko, who reflects on her experience facilitating the Black Autistic Meetup and what it taught her about community, connection, and holding space.

[Finding my way: how NHS Talking Therapies helped me grow](#)

Looking back over the last few years, I can see how much has changed — and how much support has made that possible.

[My experience of autism and addiction](#)

For most of my life, I have felt awkward. I said the wrong things, talked too much or not at all, and left conversations replaying everything I'd done "wrong." I didn't understand why it felt so hard. Then two years ago, I was diagnosed with autism.

[The challenge of getting ADHD support: Anita's story](#)

Anita has struggled to get support to help manage her ADHD symptoms.



News

[Antidepressants in pregnancy do not raise children's risk of autism or ADHD, study finds](#)

Researchers say risk comes from 'other factors, including genetic predisposition to mental health conditions'.

[Our response to autism assessment waiting times](#)

As of March 2026, there were 270,701 patients with an open referral for suspected autism, latest NHS data has revealed.

[As the definition of autism expands, are we losing sight of those with the greatest needs?](#)

Thinking about autism has evolved. Just three decades ago, autism was a relatively rare and clearly defined condition, diagnosed in people with limited verbal language and highly repetitive behaviour.

[Black, Hispanic, female and low-income elementary students are less likely to be identified with autism](#)

Students who are Black, Hispanic, female, from low-income families or multilingual learners are less likely to be identified with autism in U.S. elementary schools than their white, male, higher-income or English-speaking peers.

[Improving support for Autistic parents and children](#)

How can we better support Autistic parents and their children? A new Research in Practice guide aims to enhance inclusive practice with families.

[What do social care reforms mean for Autistic children and families?](#)

Despite greater visibility of autism, there are still many barriers faced by Autistic children and young people, and the families and carers who support them.

[Do ADHD Medications Raise Blood Pressure?](#)

ADHD medication may slightly increase the risk for high blood pressure, but benefits usually outweigh it. Consider these guidelines.

[It's a Love Story: The Happiness Formula for ADHD Relationships](#)

The secret to a happy union with ADHD includes communicating openly, showing respect, and offering loads of support, according to ADDitude magazine's exclusive relationship survey.

[Why preventative support saves public money, and changes lives](#)

Too often, support for those with long-term health issues and neurodivergent people is framed as a cost to society.

[Billie Eilish says she does 'everything I can' to suppress Tourette syndrome tics](#)

US singer-songwriter talks about huge effort of controlling her behaviour, in interview with Amy Poehler.

[Tourette's Awareness Month 2026 - No Choice](#)

This year's campaign flips the focus away from tic behaviours and places it firmly on society's responses.

ADHD
DYSLEXIA
Neurodiversity
DYSGRAPHIA
DYSPRAXIA
AUTISM
DYSCALCULIA
OCD
TOURETTE SYNDROME



NHS

Mersey Care
NHS Foundation Trust

19 May 2026

[How basic neuroscientists can connect with autistic people and their communities](#)

A first-of-its-kind workshop offers a template for autism researchers who want to incorporate community perspectives into their work.

[6 Ways to Lock In and Study Up](#)

Help your neurodivergent student end the academic year strong with these ADHD study tips.

