



Neurodiversity and Mental Health in Children and Youth

Children and youth with neurodevelopmental disorders may also develop mental health disorders, which are often overlooked.

What is it?

A series of short videos and accompanying resources, featuring B.C. parents with lived experience, and experts in the field of neurodiversity and mental health, developed in collaboration both with parents and caregivers and with service providers and experts in the field.

Who is it for?

This resource is for parents, caregivers and other caring adults who want to learn more about neurodiversity and mental health in children and youth.

What topics are covered?

- What is neurodiversity and mental health?
- Recognizing mental health challenges
- Understanding self-injurious behaviours
- Circles of support for parents and caregivers



For more information, please visit:
[healthymindsbc.gov.bc.ca/resources/
neurodiversity-mental-health](https://healthymindsbc.gov.bc.ca/resources/neurodiversity-mental-health)



Ministry of
Children and Family
Development