

# Neurodevelopmental Disabilities (NDD)

# & Mental Health



## What are Neurodevelopmental Disabilities (NDD)?

NDD are a group of conditions that are associated with **the functioning of the neurological system and the brain**. They are characterized by developmental deficits that produce impairments within a variety of functional domains such as social, personal, academic and/or occupational functioning.

## Common Forms of NDD:



Autism Spectrum Disorder (ASD)



Fetal Alcohol Spectrum Disorder (FASD)



Cerebral Palsy (CP)

## Common Forms of Mental Health Problems:



Anxiety

Trauma

Depression

Self-Harm

Psychosis

OCD

Eating Disorder

## Connection between NDD & Mental Health

People with NDD experience **higher rates** of mental health problems than those who do not have NDD. Mental health problems are a **common and significant source of stress** and even crisis for families who are impacted by NDD.



For children and adults with NDD, **sometimes it is difficult to recognize their own mental health concerns and know when to seek support**. When this is the case, parents and caregivers can be an essential support in searching for and obtaining appropriate mental health services.