Neurodevelopmental Disabilities (NDD)

& Mental Health

Getting Help

Seeking help early on, **at the first sign of mental health problems,** can lead to earlier intervention and support that can have more promising outcomes.

What is Mental Health?

It is the capacity of each and all of us to **feel**, **think**, and **act** in ways that enhance our ability to enjoy life and deal with the challenges

Navigating services for NDD and mental health issues can be challenging and stressful. Here are some tips to help individuals and families navigate the system or advocate for their own needs:

Join a support/advocacy group

Consider joining NDD related support and advocacy groups in your local area for information about resources and referrals.

It is important to consider the mental health of **not just the individual, but also other members of the family**. Parents or caregivers may be struggling and need support.

Search for a qualified service provider

Search for a service provider who has the core skills needed to treat the presenting mental health problem, but look for sensitivity to the impact of the NDD.

Involve a family member

If the involvement of a parent, caregiver, or family member is important to you, ask for this to be part of your mental health care.