



Understanding Self-Harm in Neurodivergent Individuals: A Presentation for Parent carers

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD
Join For a **free** online session on: **11th July 10am**

‘A Safe Space for Parents’



Ellie's Journey: Overcoming Mental Health Challenges

Ellie, who received her diagnosis of autism and ADHD in adulthood, will share her personal story of triumph over years of mental health struggles, including self-harm and hospitalization.

What the Session Will Cover:

- The prevalence of self-harm among neurodivergent individuals
- The emotional realities behind this behaviour—approached without judgment
- Emphasizing understanding and support rather than “fixing” or “curing”
- Creating a safe, welcoming space for parent caregivers to engage, listen, and feel a sense of community



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>