

## Neurodiversity and anxiety

### Description

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## Neurodiversity and Anxiety

Neurodivergent people (such as those with autism, ADHD, dyslexia, dyspraxia, or Tourette's) have a higher risk of experiencing anxiety than neurotypical people – anxiety is one of the most common mental health challenges in these communities.

# Anxiety and Neurodivergence

Anxiety UK

## Anxiety and neurodivergence

This summary incorporates findings from multiple studies on the complex interplay between anxiety and neurodivergent conditions, including autism spectrum disorder (ASD) and attention-deficit hyperactivity disorder (ADHD).

[Read more](#)



## The neurodivergent anxiety experience

This guide explains how anxiety is experienced differently by neurodivergent people and important factors that need to be taken into consideration, along with suggested recommendations for management.

[Read more](#)

## Don't struggle alone with anxiety

[Get help](#)

