

All humans are hardwired for connection.

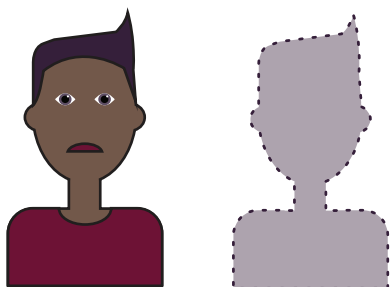
Without close relationships, our risk of early death increases by 50%, and we are more likely to experience depression and anxiety.

For neuro diverse individuals, having friends is just as important - but can be hard to come by.



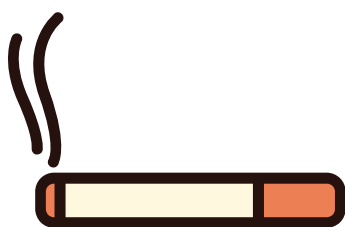
50%

of individuals with intellectual disabilities experience social isolation.



1/3

report having had no contact with friends in over a year.



15

This loneliness is as damaging to their health as smoking 15 cigarettes a day.

As parents, care workers, and front-line staff, you play an important role in supporting those in your care to feel belonging and social connection.

Find information, resources, and support at mylifemybody.org