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Autism & Mental Health – How Different Individuals are Impacted

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Statement of the Problem: Women who suffer mental health issues, because of Autism Spectrum Disorder has a significant impact on their lives, especially if they've suffered trauma because of the bullying/discrimination/cruel remarks & actions from other people.

Autism can impact one's mental health in many ways (childlike behavior), social anxieties or overload. The impact of mental health can also be experienced when the person does not have a good quality of life for themselves (eg employment, independent living skills), or have support from family/friends/society).

I will be discussing how my mental health was impacted, by living not only in a black hole, in the early days, but how I've also put strategies in place in becoming a strong, determined and very resilient woman because of my mental health being pushed down by others. I'll also be discussing some trauma experiences that I've had in my life, which has caused me significant pain & suffering but has shaped me the way I am now today!