

Neurodiversity Care

Here for you no matter where you are

Neurodiversity is the idea that everyone's brain works differently. When we understand this, it helps all of us to better support and accept people.



Know where to start

If you, or someone you love might be neurodivergent, get in touch with your primary care provider (PCP) or behavioral health provider. They can help determine your symptoms, give a diagnosis (if needed), and connect you to the right specialist or resource.

- ✔ If you aren't currently seeing a PCP or a behavioral health provider – visit the provider directory at ProvidenceHealthPlan.com/FindAProvider
- ✔ Search for either "Primary Care Provider" or "Mental Health/Substance Use Provider"
- ✔ You can search by things like race and ethnicity, personal identity, languages spoken, or gender affirming care

Examples of neurodivergent conditions:

- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Dyslexia
- Tourette's Syndrome
- Dyspraxia



After receiving a diagnosis

If a doctor tells you that you have a neurodivergent condition, it just means that your brain works a little differently. It's not a bad thing, but it can make some things more challenging and there are different ways to deal with it. For example: therapy, taking medicine, using special technology, or joining support groups with others like you. Online or in person.



Additional navigation support

Providence Health Plan's Care Management team can help you find a PCP or behavioral health specialist. They also can help connect you to local support groups.

Call **800-662-1121 (TTY: 711)** or email
CareManagement@Providence.org to get started.

Our Behavioral Health Concierge team can help connect you to a Providence licensed behavioral health professional for virtual appointments.

Call **877-744-WELL (877-744-9355)** from 7 a.m. to 8 p.m. (Pacific Time), seven days a week, to schedule an appointment or submit an appointment request online at **Providence.org/BHC**.