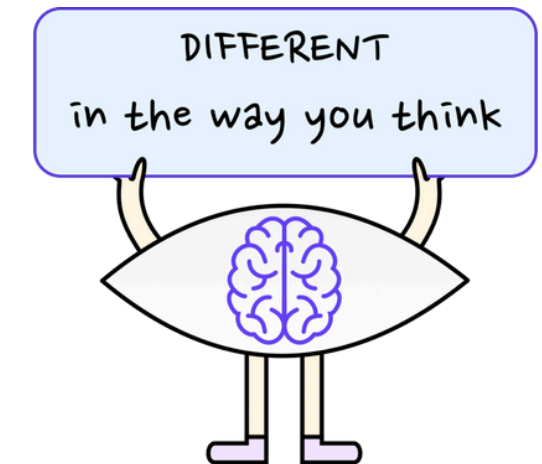


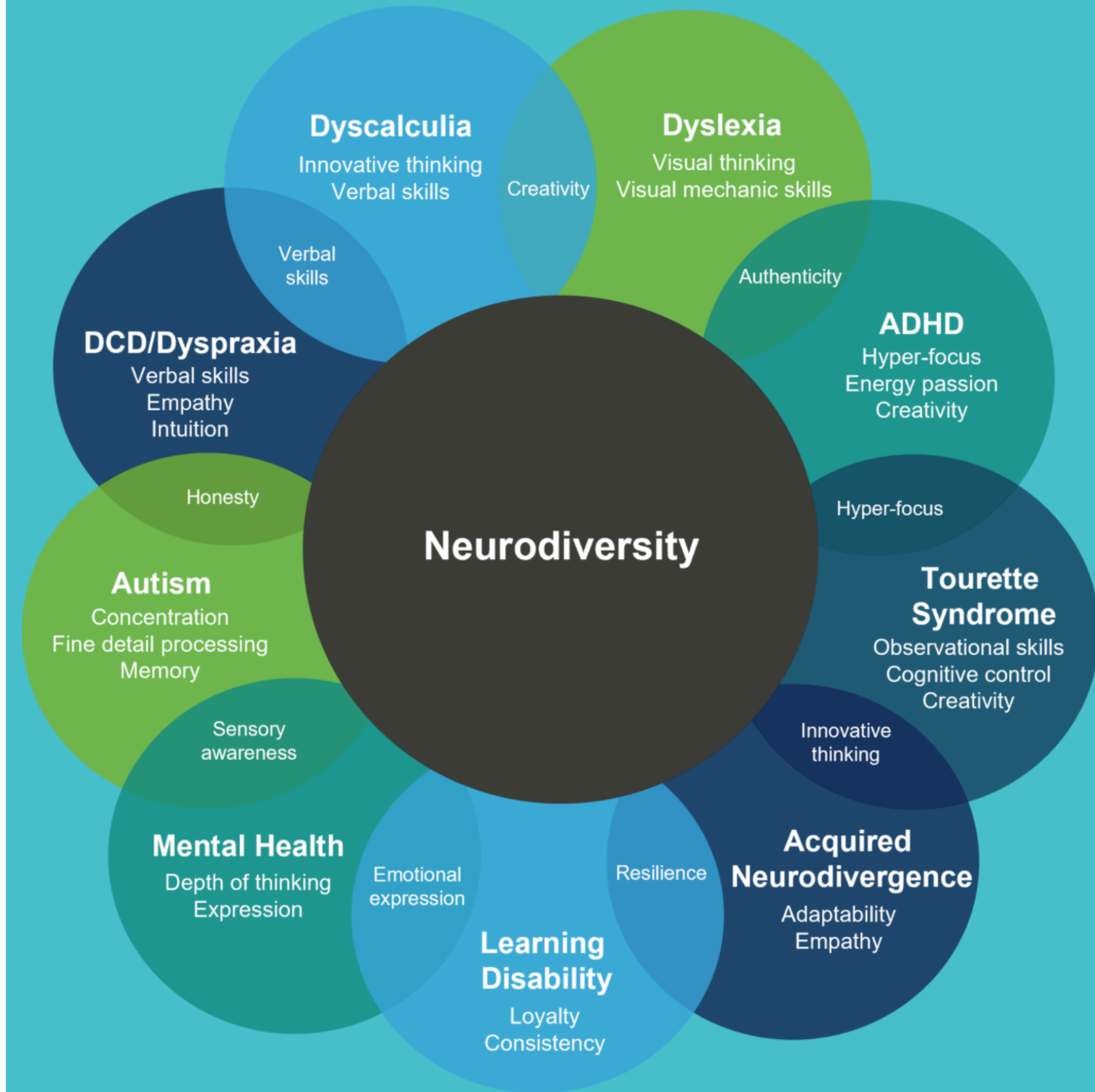
MentalYouNited

making neurodiversity visible



Who here would describe themselves as **neurodivergent**?

Neurodiversity **describes the idea** that people experience and interact with the world around them in many different ways; there is **no one "right" way** of thinking, learning, and behaving, and differences are not viewed as deficits. *(source - Harvard Health Publishing)*



Why it **matters**

- Many people live their **entire lives** not knowing they are neurodivergent.
- Diversity exists not only in culture or language - but inside **our minds**.

dinosaur



Even in “inclusive” spaces, **neurodivergent** people often remain invisible.



about **MentalYouNited**

- Founded in **2023**, based in Belarus.
- Youth **educational and research** initiative.
- **Focus:** mental health, neurodiversity, and inclusion.





Our Mission and Goals

Sharing accurate, **science-based** information.

Reducing stigma through awareness.

Helping create **inclusive spaces** and events.



Our methods of work

- Focus on **online education** due to Belarusian context.
- Month of **Visibility for Neurodivergent People** (EU-funded).
- Podcasts, partnerships, and **creative campaigns**.
- **Peer-to-peer** consultations and educational collaborations.





Social Media: Instagram



mental.yn Edit profile View archive

42 posts 456 followers 54 following

MentalYouNited

@mental.yn

Nonprofit organization

☆ молодежная образовательно-исследовательская инициатива в области ментального здоровья, нейроразнообразия и инклюзии

mentalyounited@gmail.com

linktr.ee/mental.yn and 1 more



ПОДКАСТЫ



НОВОСТИ



ПАРТНЁРЫ



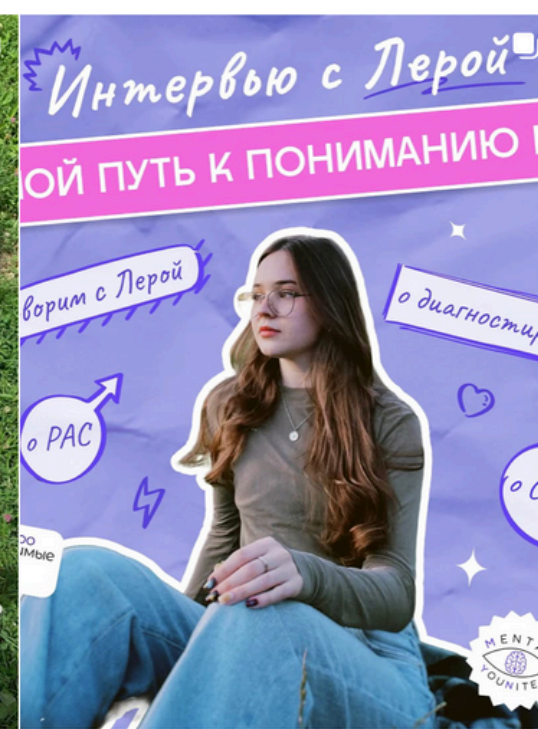
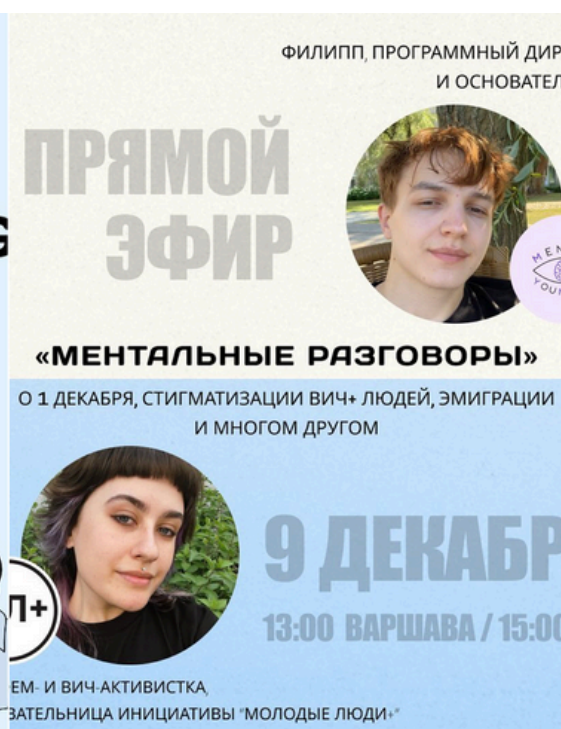
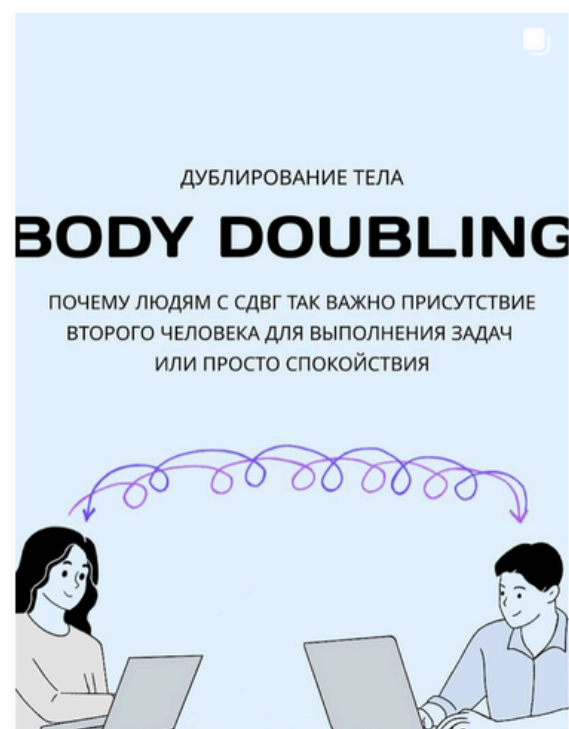
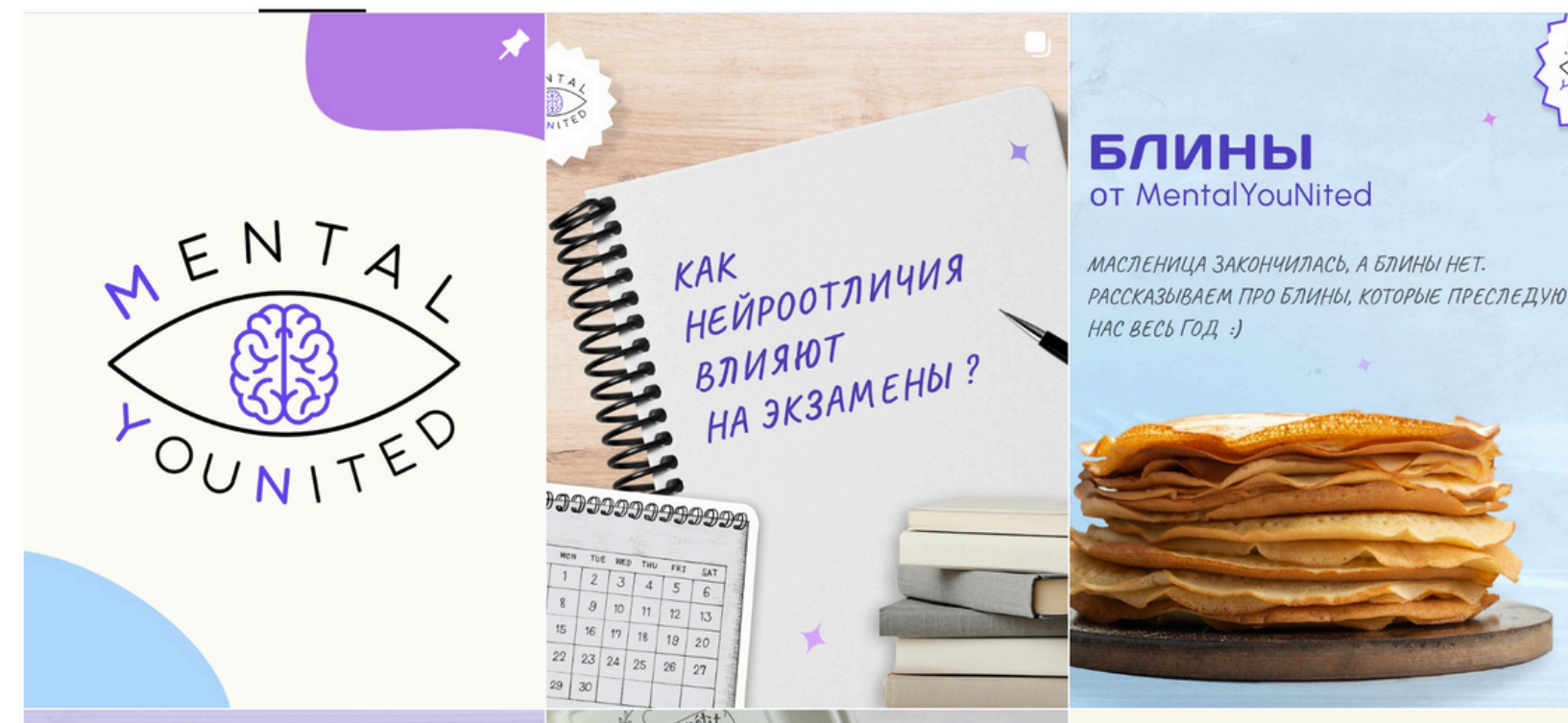
КОМАНДА



О ПРОЕКТЕ

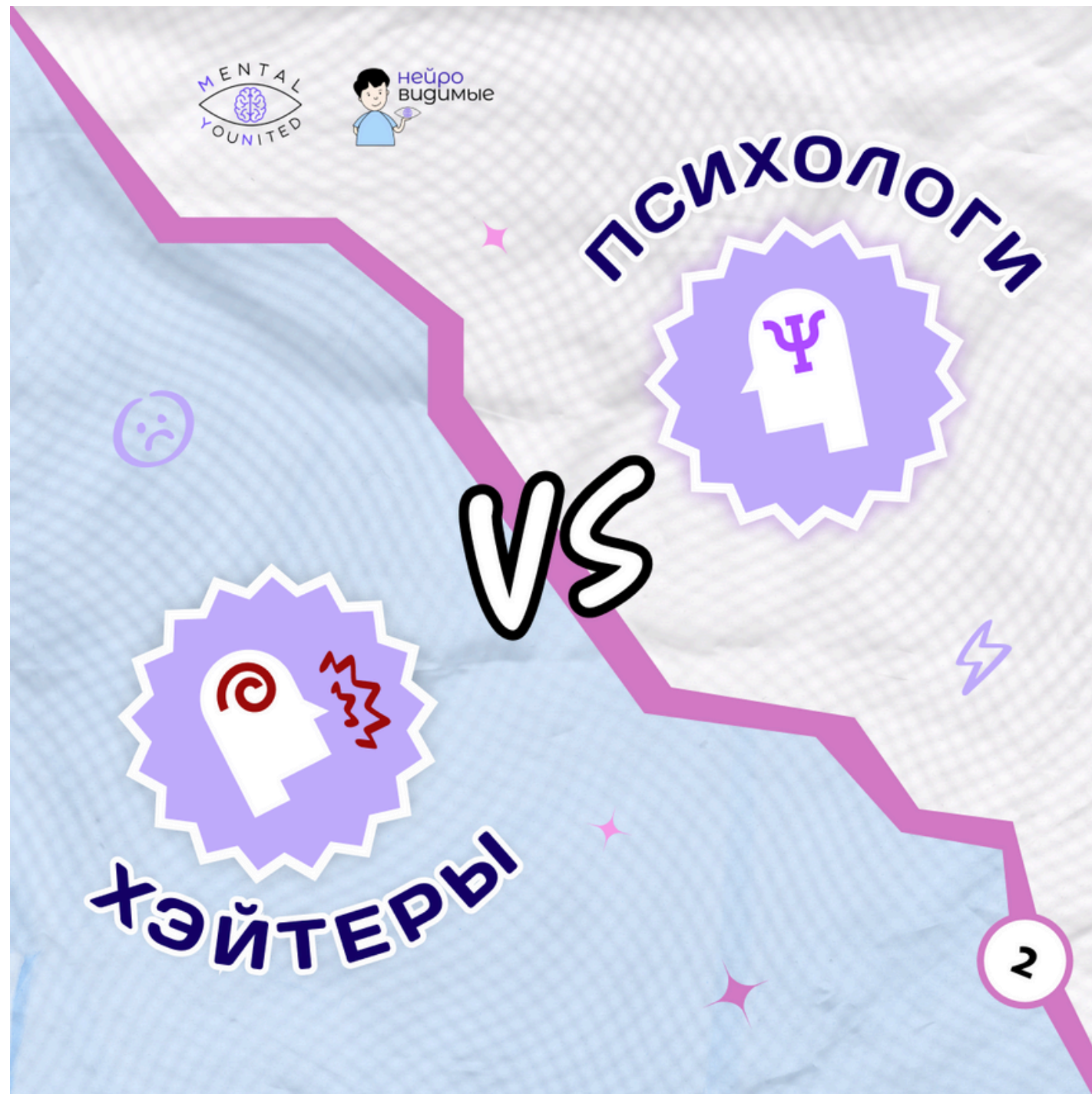


New





Social Media: Instagram


Psychologists vs Haters





НА КОММЕНТАРИИ ХЭЙТЕРОВ ОТВЕЧАЮТ:

- 


ВЕРОНИКА ЛУГОВСКАЯ, ПСИХОЛОГИНЯ.
РАБОТАЕТ В КОГНИТИВНО-ПОВЕДЕНЧЕСКОМ ПОДХОДЕ. ОБЛАДАТЕЛЬНИЦА СДВГ.
- 

КАТЯ АНДРИАНОВА, КПТ-ПСИХОЛОГ, ПЕДАГОГ, ПСИХОАКТИВИСТКА.
ПОМОГАЕТ НЕЙРООТЛИЧНЫМ ВЗРОСЛЫМ ЖИТЬ АДАПТИВНО! ПРЕПОДАЕТ 10 ЛЕТ,
РАБОТАЕТ В МЕТОДЕ КПТ И СХЕМА-ТЕРАПИЯ.
- 

ОЛЬГА ГОМА, МАГИСТР СЕМЕЙНОЙ ПСИХОЛОГИИ, КОГНИТИВНО-ПОВЕДЕНЧЕСКИЙ
ПСИХОЛОГ, РАБОТАЕТ С ДЕТЬМИ, ПОДРОСТКАМИ, ВЗРОСЛЫМИ И СЕМЬЯМИ.
- 

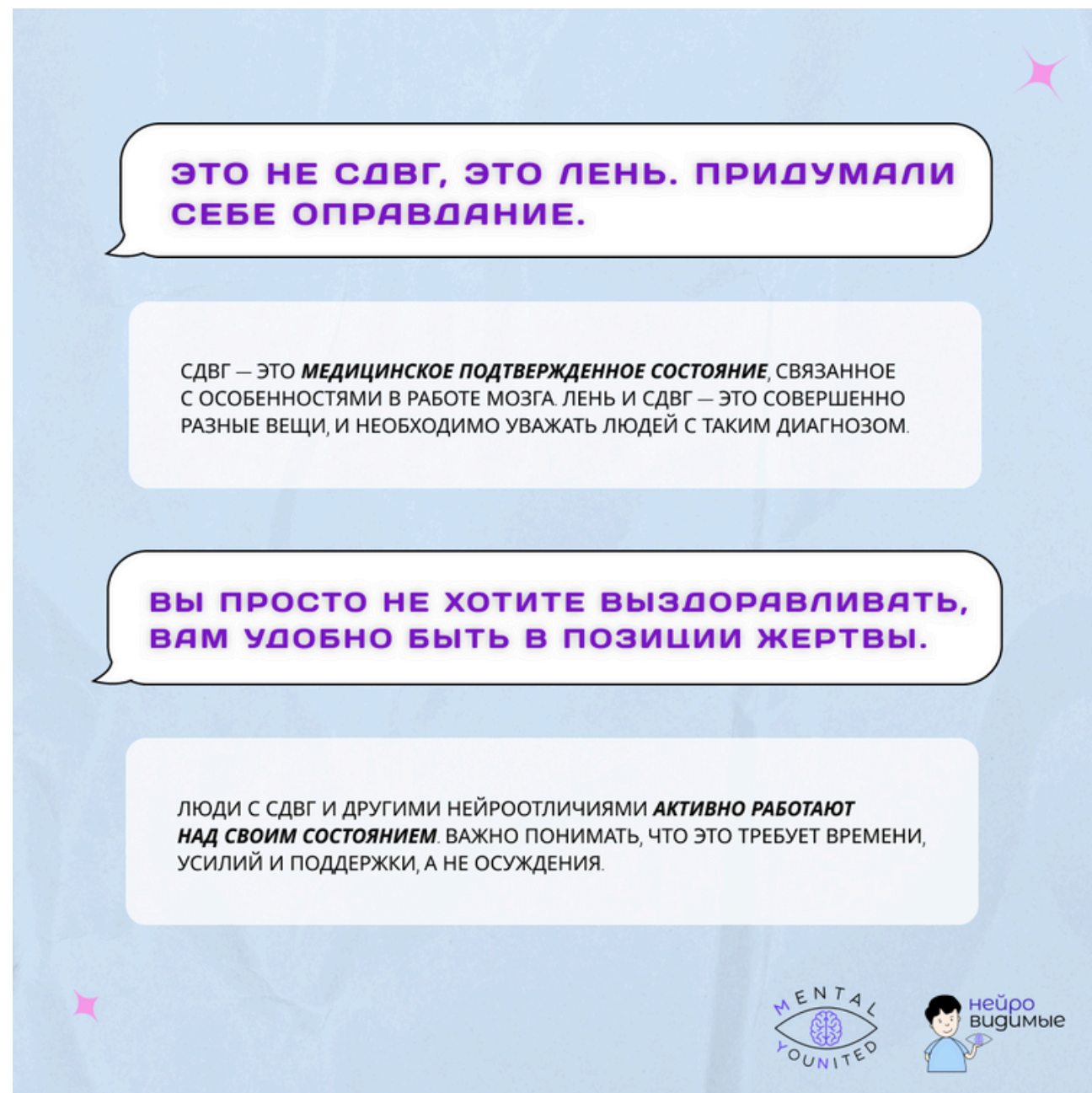
ФИЛИПП,
СО-ОСНОВАТЕЛЬ MENTALYOUNITED, ПСИХОАКТИВИСТ
- 

ЛЕРА
ПСИХОЛОГ, ПСИХОАКТИВИСТКА, ХУДОЖНИЦА
И МЕНЕДЖЕРКА MENTALYOUNITED



Social Media: Instagram

Psychologists vs Haters





ЭТО НЕ СДВГ, ЭТО ЛЕНЬ. ПРИДУМАЛИ СЕБЕ ОПРАВДАНИЕ.

СДВГ — ЭТО **МЕДИЦИНСКОЕ ПОДТВЕРЖДЕННОЕ СОСТОЯНИЕ**, СВЯЗАННОЕ С ОСОБЕННОСТЯМИ В РАБОТЕ МОЗГА. ЛЕНЬ И СДВГ — ЭТО СОВЕРШЕННО РАЗНЫЕ ВЕЩИ, И НЕОБХОДИМО УВАЖАТЬ ЛЮДЕЙ С ТАКИМ ДИАГНОЗОМ.

ВЫ ПРОСТО НЕ ХОТИТЕ ВЫЗДОРАВЛИВАТЬ, ВАМ УДОБНО БЫТЬ В ПОЗИЦИИ ЖЕРТВЫ.

ЛЮДИ С СДВГ И ДРУГИМИ НЕЙРООТЛИЧИЯМИ **АКТИВНО РАБОТАЮТ НАД СВОИМ СОСТОЯНИЕМ**. ВАЖНО ПОНИМАТЬ, ЧТО ЭТО ТРЕБУЕТ ВРЕМЕНИ, УСИЛИЙ И ПОДДЕРЖКИ, А НЕ ОСУЖДЕНИЯ.



Hater comment:

“It’s not ADHD, it’s just laziness. You’re making excuses.”

Psychologist’s answer:

ADHD is a medically confirmed condition linked to brain functioning differences.

Laziness and ADHD are completely different things, and people with this diagnosis deserve respect.

Hater comment:

“You just don’t want to get better - it’s easier to play the victim.”

Psychologist’s answer:

People with ADHD and other neurodivergent traits actively work on their condition.

It’s important to understand that progress takes time, effort, and support - not judgment.



Social Media: TikTok



mentalyounited mental.yn

Follow

Message

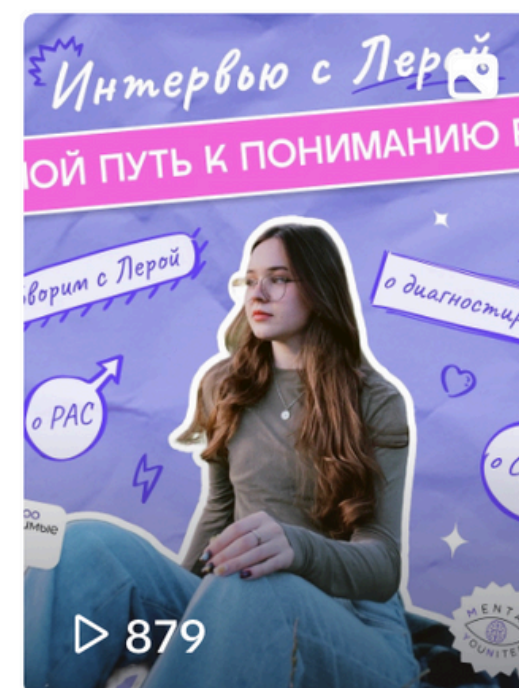
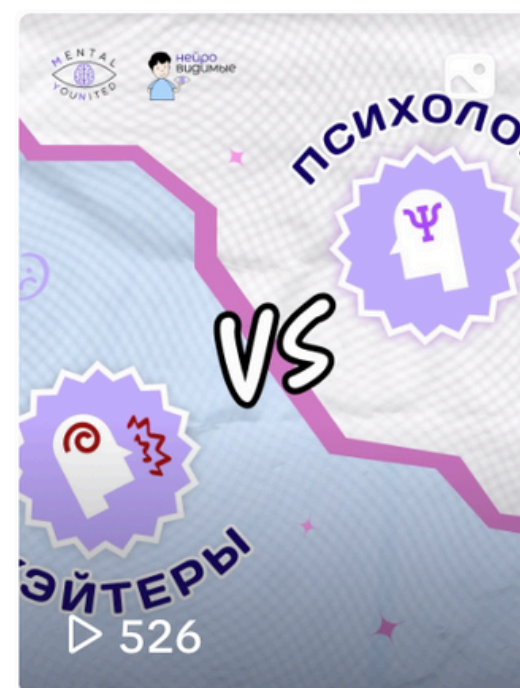
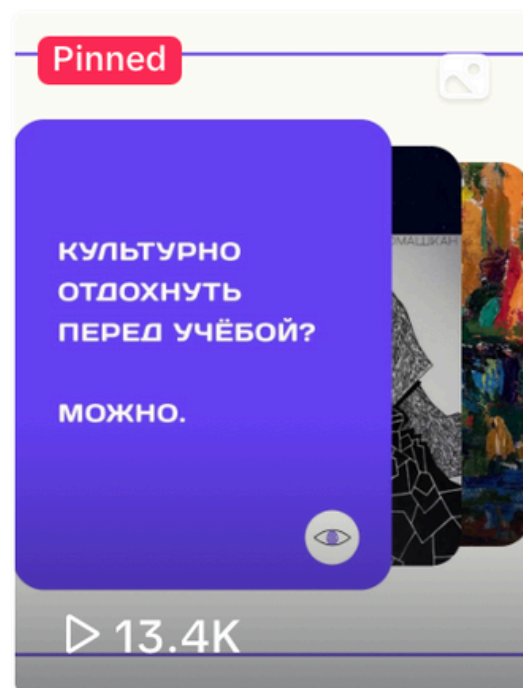
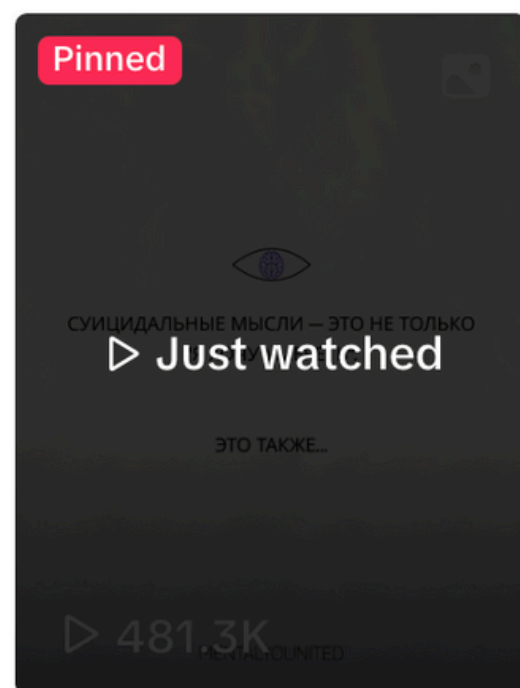


2 Following 2907 Followers 101.6K Likes

Проект о нейроразнообразии

Подписывайтесь на инстаграм проекта mental.yn

forms.gle/ic94xaSUKRS8AS1...



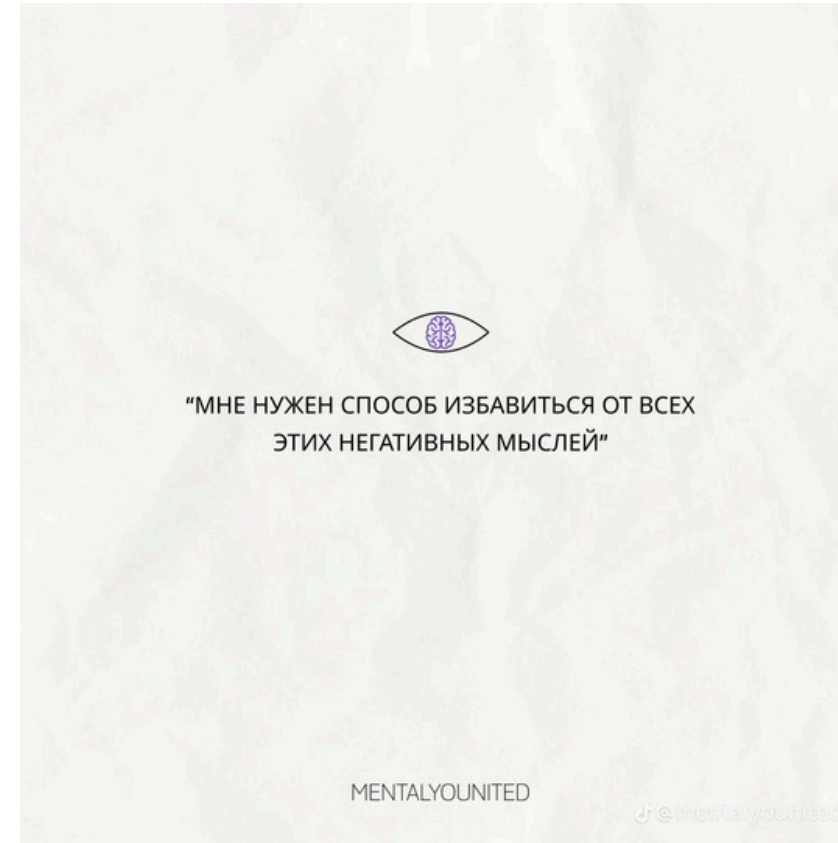
Social Media: TikTok



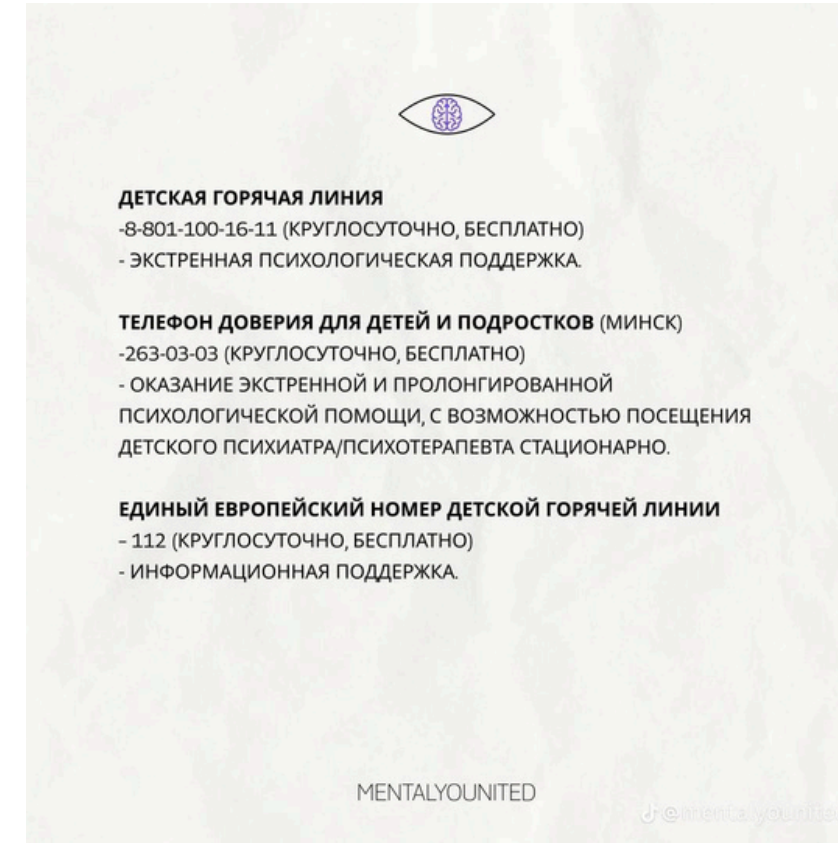
Suicidal thoughts are not only "I want to die."
They can also sound like this...



"I need a way to stop all these negative thoughts."



"I can't see myself in the future / I don't see my future."



Children's Helpline
8-801-100-16-11 (24/7, free of charge)
Emergency psychological support.
Trust Line for Children and Teenagers (Minsk)
263-03-03 (24/7, free of charge)

Crisis and extended psychological assistance,
with access to child psychiatrists/psychotherapists if needed.
European Child Helpline Number
112 (24/7, free of charge)
Information and emotional support.



Social Media: TikTok

almost 500,000 views

680 comments

15,000 people saved the post

1,800 shared it with others

“called, cried, and the answer was: “Well... you should probably see a doctor.”

**“You can’t imagine how much I want to repost this as a cry for help,
but then I realize I’d have to make excuses for it later...”**

**“In most cases, it’s simply the absence of love from people around me.
The main thought is: “Nobody loves me.”**

“It’s hard to believe that this really helps. 😞”

Social Media: TikTok



200,000 views
350 comments
8,000 people saved
the post
2,400 shared it with
others

ADHD: Attention Deficit Hyperactivity Disorder
Let's figure out which facts are real - and which ones
mislead people.



NeuroPodcast on Autism Spectrum Disorder (ASD) and Neurodiversity

Introduction to Neurodiversity: Focus on Autism

НЕЙРОПОДКАСТ
О РАС И НЕЙРОРАЗНООБРАЗИИ

ВВЕДЕНИЕ В НЕЙРОРАЗНООБРАЗИЕ С ФОКУСОМ НА РАС

14 ИЮНЯ
18:30 ПО МИНСКУ

РЕГИСТРАЦИЯ БЕСПЛАТНАЯ

КАТЯ АНДРИАНОВА
КПТ-психолог, педагог, психоактивистка

нейро вудимые

NeuroPodcast
on Autism Spectrum Disorder (ASD) and Neurodiversity
Introduction to Neurodiversity: Focus on Autism
June 14
6:30 PM (Minsk time)
Free registration
Katya Andrianova
CBT psychologist, educator, psychoactivist
(Logos: MentalYouNited / NeuroVisible)

Филипп

Ola Goma

@MENTAL.YN

НейроПодкаст: Родительство и нейроотличные дети

MentalYouNited
28 subscribers

16

Share Save Clip

Impact in Numbers

- **TikTok** - 3K followers / 1M+ views
- **Instagram** - 480 followers / 100K+ views
- **Telegram** - 100+ posts / 10K+ views

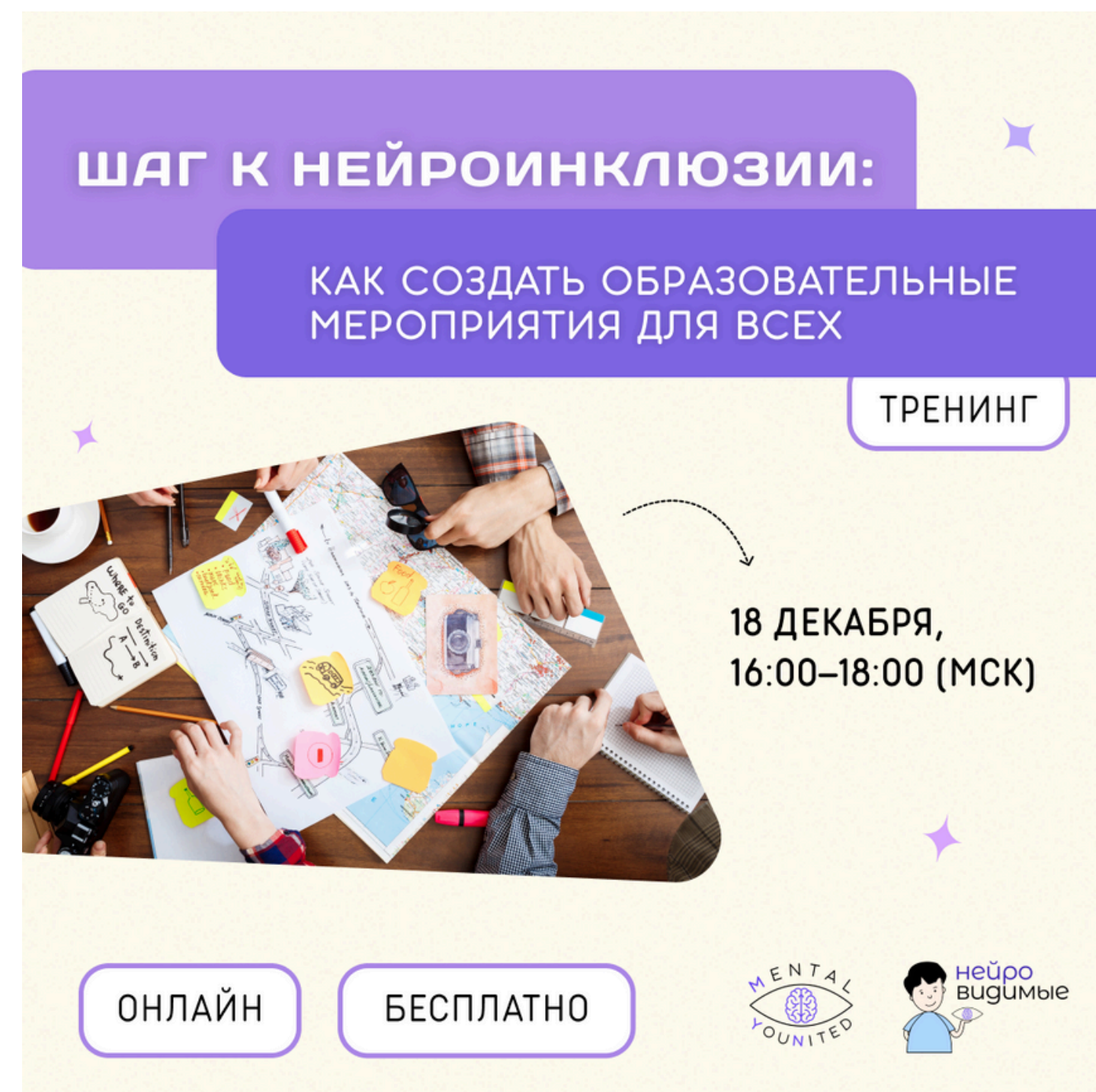
- 100 **individual** consultations
- 1 youth **workshop** (Wrocław)
- 4 experts / 4 **partnerships** / 3 podcasts



(NeuroPodcast
on ADHD and Neurodiversity)

Challenges and growth

- All activities are **volunteer-based**.
- Foreign funding is legally **restricted** in Belarus.
- Existing **paths** of founding are complex, bureaucratic, and risky.
- **Balancing** work/study with activism.
- Expanding team **internationally** to share load and minimize risks.



ШАГ К НЕЙРОИНКЛЮЗИИ: ✨

КАК СОЗДАТЬ ОБРАЗОВАТЕЛЬНЫЕ МЕРОПРИЯТИЯ ДЛЯ ВСЕХ

ТРЕНИНГ

18 ДЕКАБРЯ,
16:00–18:00 (МСК)

ОНЛАЙН БЕСПЛАТНО

MENTAL YOUNITED нейро Вудимые

The poster features a central image of hands working on a map with various markers and sticky notes. The text is in Russian and provides details about a training session on creating educational events for neuroinclusion. It includes the date and time (December 18, 16:00-18:00 MSK), the format (online), and the cost (free). Logos for 'MENTAL YOUNITED' and 'нейро Вудимые' are also present.

A Step Toward Neuroinclusion: How to Create Educational Events for Everyone
Training
December 18, 16:00–18:00 (MSK)
Online | Free



Future plans

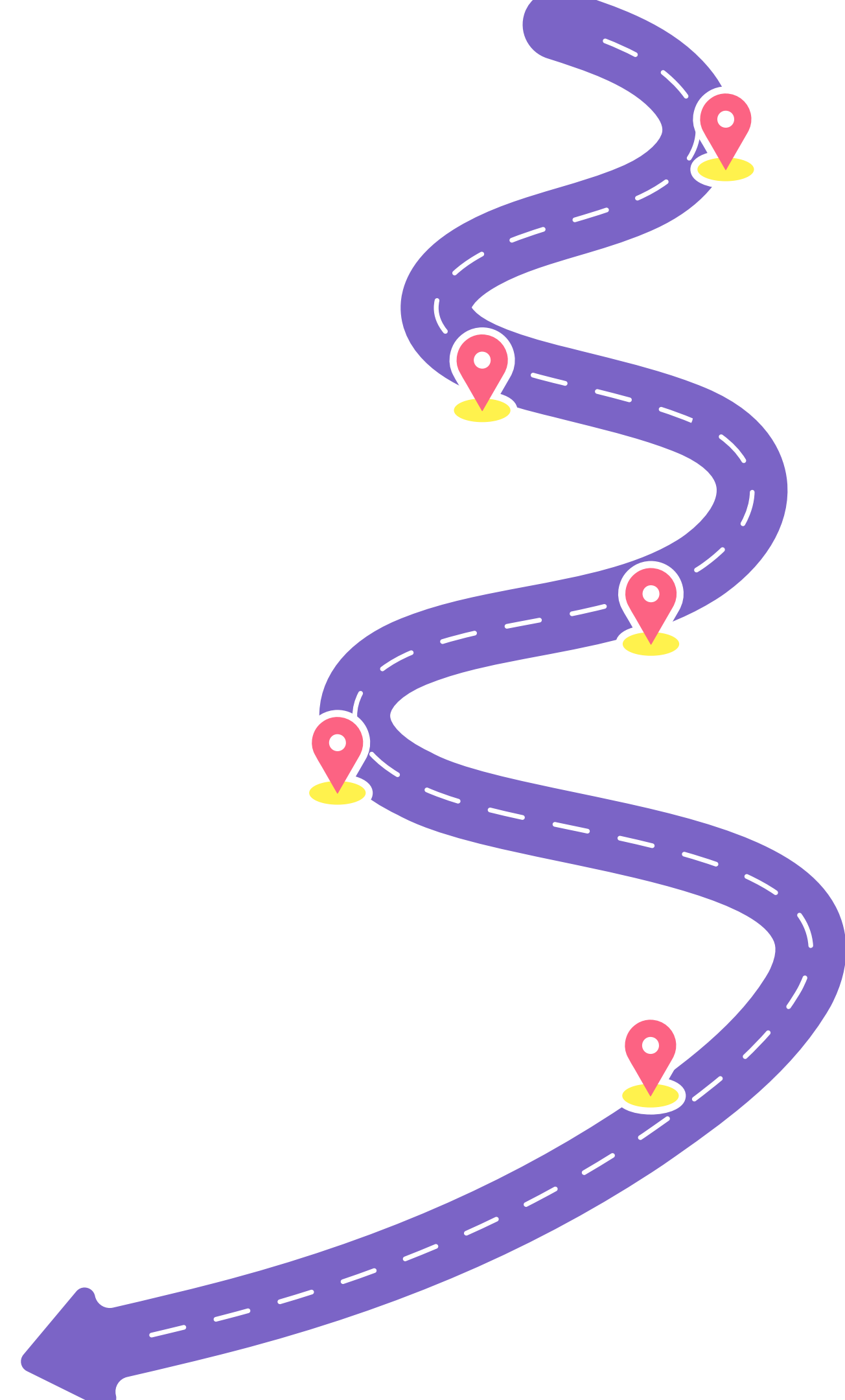
Research on neuroinclusion in non-formal education.

Develop recommendations for youth initiatives.

Engage businesses to build inclusive workplaces.

Counter misinformation and stigma.

Build an international MentalYouNited project.





Collaboration and support

We can help you:

consultations, awareness sessions, event design.

You can help us:

mentorship, expert advice, joint projects.





Stay in touch

contacts

mental.younited@gmail.com

philip.mentalyounited@gmail.com

instagram/tiktok: @mental.yn



Neuroinclusivity Check-Up

A short, anonymous quiz to reflect on how inclusive your space really is.

