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Webinar

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Kerryn Burgoyne, J Psychiatry 2025, Volume 28

Autism and mental health: How different individuals are impacted

Kerryn Burgoyne
KTalk, Australia

Statement of the Problem: Women who suffer mental health issues, because of Autism Spectrum Disorder have a significant impact on their lives, especially if they've suffered trauma because of the bullying/discrimination/cruel remarks and 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 not being able to gain successful employment for myself but also when I was previously employed in an organization, I'll also be discussing some trauma experiences that I've had in my life, which has caused me significant pain and suffering but has shaped me the way I am now today! But also some strategies that I've developed for myself to assist the recovery and positivity to my overall mental health itself!

Biography

Kerryn Burgoyne is a woman diagnosed with Asperger's Syndrome at the age of 30. She had no support when either in school or trying to gain successful employment for herself. She now runs her own business KTalk (<https://ktalk.au>) which started back in 2007. She is now a renowned international autism speaker at major conferences globally, as well as domestically in Australia. She is also the author of 6 self-help course books which have also been run successfully in the wider community. She is also proud to be part of this conference, as one of the Keynote Speakers that brings people together from all over the world.

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