

Psychosis:

Author: Olivia Russo wrote the book, *Diagnosis Psychosis, A story of recovery*. This author wrote about her experiences of psychosis, with a deeper meaning, highlighting that her journey with mental illness, was not a weakness, but was in actual fact, 'a hidden strength.' It explores how psychosis is viewed, how you can neglect yourself, hospitalisation, relapses, keeping well, embracing illness and recovery. The book is in an easy to read format, is set out with a table of contents, and is spaced out with clear paragraphs. Olivia Russo is now a more understanding person, from this experience.

Autism:

Appeer, who led the workshop, is an organisation that connects, autistic girls, and women. It does various activities, which are currently running online. It emphasises positive images, for autistic girls, and women. For example, the many dedicated hobbies you can have, and how incredible you can be.

Anna Farley: autistic artist, based in London, who does a variety including drawing, sculpture and photography. I attended a photography workshop, which she ran (led by Appeer) and it was really interesting, to be able to use different art apps, to project your art, and photography. She represents neurodiverse females. It enabled me to have confidence, in my photography.