

HELP Stop Diagnostic Overshadowing

H

Health

Rule out any health concerns that could be the cause of an individual's behavior.

E

Environment

After ruling out health concerns, look for cues within an individual's environment that could be the cause of their behavior.

L

Lived Experience

If no health concerns or environmental factors at play, then look at the individual's lived experiences.

P

Psychiatric Disorders

After all other factors have been considered, then look at the presence of any mental health disorder(s).

Special Olympics
Vermont

