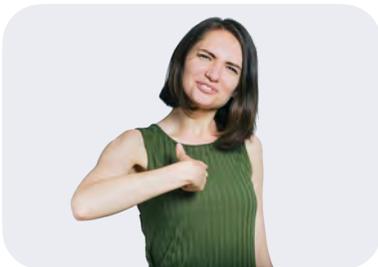




Kat Williams



Kat is the director of Autistic UK.



Kat found out that she was **autistic** and had **ADHD** when she was 32, after years of having mental ill health.



Autistic people may have difficulty with things like communication, being with other people, or how they think and feel about things.



ADHD stands for Attention Deficit Hyperactivity Disorder. It is a mental health condition.



Kat has been involved in helping autistic people.



She works with the Welsh Government and other NHS Boards to help them make services better for autistic people.



She campaigns for autistic people to be treated in better ways.



Websites:

- www.cerebrationofkat.co.uk
- www.autisticuk.org



Twitter:

www.twitter.com/KatWilliams123



Facebook:

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