**OAADSS peer mentor profile**

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**Gender:** female; **Pronouns:** she/her

**Likes:** my job (university teaching and research), routines, reading, the sea, cake, pottering in card and stationery shops

**Dislikes:** injustice, unclear plans, group activities, liquorice, beer

**Name:** Helen

**What would you like to do at OAADSS?**

**○** Help people waiting for diagnosis

**What type of people do you think you would get on with/could relate to?** probably most people, but especially professional women (of any age), students of any age, young people (especially university-age, given my job), and transgender/gender nonconforming people, people with experience of mental health conditions. I think my lived experience would be less useful if someone is specifically thinking about their autistic experience as a parent or is particularly wanting support as a person of colour.

**What type of person are you?** white middle-aged cis woman, married with grown-up stepchildren; university professor; a curious deep thinker but always looking to extract the humour from or inject the humour into a situation; proud Yorkshirewoman; INFJ.

**When I’m not working I like to**: listen to music (wide-ranging taste), run, walk up hills, sit and chat with close friends and family (only one or two at a time, mind…) over a glass of wine