

# ADHD SUPPORT PACK

## LOCAL MENTAL HEALTH

Local services and support:

24/7 freephone crisis line on: 0800 051 1508

[Warrington Wellbeing | warrington.gov.uk](http://WarringtonWellbeing.warrington.gov.uk)

<https://www.mhm.org.uk/talking-therapies-warrington>

<https://www.mylifewarrington.co.uk/kb5/warrington/directory/home.page>

<https://www.warrington.gov.uk/warringtontogether>

## LOCAL SUPPORT GROUPS

### **Warrington ADHD Support Group**

Tel no. 07486 124414

Address – St. Oswalds Social Club, Padgate Lane, Padgate, Warrington, Cheshire, WA1 3LB

Meets 2nd Wednesday of every month (excluding August) at 7.30pm

Facebook group @AdhdWarrington

### **Maddchester -Support Group Manchester**

Support group meetings are on the second Monday of the month, 7-9pm.

For venue details contact: [contact@maddchester.com](mailto:contact@maddchester.com)

Facebook group @MADDchester

### **Ladders of life - Liverpool ADHD Support Group**

Monday - Wednesday: 9:00-5:00PM

Thursday 10:30am-2:30PM

Friday: 9:00am-4:00PM

Facebook group @Liverpool Adult ADHD/Ladders of Life Ltd UK

### **Autism In Motion - Liverpool Autism Support Group**

Tuesday - Friday (see website for more details)

Address – Autism In Motion, St George's Community Hub, Waresley Crescent, L9 6BW

[www.thelivewelldirectory.com](http://www.thelivewelldirectory.com) / <https://www.aimautism.com>

## ONLINE RESOURCES

**Additude magazine** - has lots of comprehensive ADHD information and resources

<https://www.additudemag.com>

**Exceptional individuals** - provide neurodiversity consulting recruitment and employment support

<https://exceptionalindividuals.com>

**ADHD Foundation** - resource centre, events and webinars

<https://www.adhdfoundation.org.uk>

## TASK MANAGEMENT AND TRACKERS

<https://goblin.tools/>

<https://monday.com/> Includes tone formaliser for letters and emails, time estimation for tasks, compiling of brain dumps and putting together recipes for ingredients you have.

**Apps for helping with time management & tasks:**

<https://calendly.com/>

<https://ticktick.com/>

<https://asana.com/download>

**ADHD meal planning:**

<https://jackiesilvernnutrition.com/articles/adhd-meal-planning-for-adults/>

**Therapist Aid's 'Managing ADHD':**

<https://www.therapistaid.com/therapy-worksheet/tips-for-managing-adhd>

**Therapist Aid's 'ADHD Focus Plan':**

<https://www.therapistaid.com/therapy-worksheet/adhd-focus-plan>

Netflix also has a few series by the app Headspace called Headspace Guide to Meditation, and Headspace Guide to Sleep. These include both anecdotal and scientific evidence about meditation and ways to improve sleep, followed by either a meditation exercise or sleep exercise.

## ACCESS TO WORK

You can request reasonable adjustments at work, for example extra time to process information, additional breaks if you are struggling to sit and concentrate for extended periods of time and extra time if you are aware work may take you longer than others to complete.

You can apply for practical help at work, such as dictation software and ADHD coaching. You can also request a 'workplace assessment' which will give you chance to say what you find difficult at work and allow them to help with suggestions. This is a free service.

<https://www.gov.uk/access-to-work>

## ADDITIONAL INFORMATION

Many adults cope with ADHD alone and without treatment. The symptoms of the disorder can be alleviated in many ways with treatment and having access to educational evidence-based information. It may take a bit of time to determine what works best for you.

## ADVOCACY FOR MENTAL HEALTH

Advocates can help you understand your rights and deal with issues. They can talk to people on your behalf or help you to speak for yourself.

**Exceptional individuals** help with CVs and applying to work, as well as completing workplace needs assessments:

<https://exceptionalindividuals.com>

**Citizen's Advice Bureau** provides support and advocacy on a range of issues

<https://www.citizensadvice.org.uk>

**Neurodiverse Self Advocacy** is a non-profit voluntary group providing neurodiverse advocacy and supporting people to with a peer-to-peer support network

<https://ndsa.uk/content/>

**Talking Matters Warrington** provides a CBT service provided by the NHS

[www.mhm.org.uk/talking-matters-warrington](http://www.mhm.org.uk/talking-matters-warrington)

Tel no. 01925 401 720

Monday-Thursday 9:00am-5:00pm

Friday 9:30am-4:30pm

Address - 51 Bewsey Street, Warrington, WA2 7JQ.

## GENDER SUPPORT

**CMAGIC (Cheshire and Mersey Adult Gender Identity Collaborative)** is a partnership of clinicians, commissioners, providers and service users involved in the support and care of transgender and non-binary individuals within Cheshire and Merseyside. CMAGIC is one of three gender dysphoria services newly located within primary care and sexual health setting.

CMAGIC is in the process of directly contacting all eligible people to inform them of the service to provide an opportunity to transfer to CMAGIC as a service user

Mersey Care NHS Foundation Trust has been awarded the contract to deliver this pilot service for two years. The service will become operational early next year and aims to improve provision for transgender and non binary patients (TGNB) across Cheshire and Merseyside

**Gender Identity Research and Education Society (GIRES)** is an organisation whose purpose is to improve the lives of trans and gender diverse people of all ages, including those who are non-binary and non-gender. GIRES is a professional managed membership charity supported by volunteers that, in collaboration with other groups in its field, hears, helps, empowers and gives a voice to trans and gender diverse individuals, including those who are non-binary and non-gender, as well as their families.

They use evidence from individuals' lived experiences, combined with scientific research into gender identity development, to educate all those who are able to improve trans and gender diverse individuals' wellbeing. We contribute to policy development regarding equality and human rights for individuals, especially in healthcare.

They also deliver training, e-learning and information to public and private sector organisations, including supporting trans and gender diverse employees or students.

**Mindline Trans+** is a support helpline for anyone identifying as transgender, non-binary, genderfluid and beyond. They also support family members, friends, colleagues and carers. See below for resources and signposting.

<https://mindlinetrans.org.uk>

Tel no. 0300 330 5468

Mondays and Fridays 8:00pm-12:00pm

Facebook @ MindlineTrans

Twitter/ X @ MindlineTrans

Instagram @ mindlinetrans

