



NHS

Providing both assessments and ongoing management for individuals with ADHD. Get in touch with your GP to be referred through following your ADHD diagnosis.

Helping Hands

Providing support to individuals up to the age of 25 with an ADHD diagnosis or being assessed. Self-referral is available on their website or call on 07881265320.

Kapella

Offering ADHD support for anyone aged 7+, they support neurodivergent minds with practical and compassionate, strengths-based care. Call on **0121 643 1638** or email any queries to thinkadhd@kapella.org.uk

ADHD Coaching

Neurodiversity UK

Providing effective remote support from coaches who are neurodivergent themselves and have specialist training in how the neurodivergent brain works differently. They welcome [Access to Work](#) clients, a government scheme that can offer funding for up to 24 sessions of ADHD coaching.



Local ADHD Support

Black Country

