

TAS – The ADHD Support Group Herefordshire

A free and welcoming support group running face-to-face groups on the last Saturday of each month. Aiming to raise awareness and offer empowering tools and strategies to individuals struggling with ADHD.

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.

Worcester Therapy Group

For people who have received a diagnosis of ADHD and need support through psychological therapies.

Izzie Le Merchant

Diagnosed with ADHD herself, Izzie is a qualified ADHD coach based in Herefordshire who offers coaching in a safe, non-judgemental and inclusive space.



Local ADHD Support

Hereford & Worcester