

ADHD Aware

Providing peer support groups, drop-in sessions, and group discussions for individuals with ADHD in Brighton and online.

ADHD Support Group

Meeting every other Monday evening for individuals with ADHD to gain support and understanding in an informal setting.

Hailsham & East Sussex ADHD Support CIC

An organisation dedicated to supporting the neurodivergent community through regular meetings in a safe and supportive space.

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.

Dr Davey Coaching

A range of services including ADHD coaching and therapy specifically tailored for adults with ADHD.



Local ADHD Support

Sussex

