

West Yorkshire ADHD Support Group

A peer-led voluntary support group offering support to adults with ADHD. They offer online support as well as a monthly meet up, held on the second Friday of every month, in Leeds.

0113 8563459

Stripes

Supporting the ADHD community within West Yorkshire through online support, regular peer support groups and providing help applying for DLA, PIP and Carer's Allowance.

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.

KLR Coaching

Coaching specific for ADHD in a safe, supportive space both 1:1 or in a group setting.

Local ADHD Support

West Yorkshire

