

Supportive resources if you think you are neurodivergent or awaiting a diagnosis

If you think that you might be neurodivergent or are awaiting a diagnosis, it can feel lonely and overwhelming at times.

You don't have to go through this process alone. There is lots of support available to help you understand and manage your symptoms, even without a diagnosis.

Outside of family, friends, and medical professionals, support ranges from crisis helplines, to advice lines, to local support groups.

Neurodivergent helplines (for a crisis)

If you are in a crisis, you are not alone - you can call one of the following helplines for support as a neurodivergent individual:

YoungMinds - 0808 802 5544 (for parents)

- Website: [youngminds.org.uk](https://www.youngminds.org.uk)
- Provides support for young people with mental health issues, including neurodivergence.
- Helpline is for parents seeking urgent support for their child.

Mind - Call 0300 123 3393 or text 86463 (9am-6pm, Mon-Fri)

- Website: [mind.org.uk](https://www.mind.org.uk)
- Offers advice and support for mental health problems, including for neurodivergent individuals.

SANE - 0300 304 7000 (4pm-10pm, Mon-Sun)

- Website: [sane.org.uk](https://www.sane.org.uk)
- Provides emotional support and information for anyone affected by mental illness.

Scope - 0808 800 3333 (9am-6pm, Mon-Fri, 10am-6pm, Sat-Sun)

- Website: [scope.org.uk](https://www.scope.org.uk)
- Supports disabled people and their families, including those with neurodivergent conditions.

Neurodivergent support lines (non-crisis)

For advice on how to manage specific symptoms you can call:

National Autistic Society (NAS) - 0808 800 4104 (6pm-midnight daily)

- Website: autism.org.uk
- Provides information, advice, and support for individuals with autism and their families.

ADHD Foundation - 0151 237 2661 (9am-5pm, Mon-Fri)

- Website: adhdfoundation.org.uk
- Offers support and information for people with ADHD and their families.

Dyspraxia Foundation - 01462 454986 (9am-5pm, Mon-Fri)

- Website: dyspraxiafoundation.org.uk
- Offers information and support for people with dyspraxia.

Local neurodivergent support

There is lots of support available in Kingston and the surrounding area. You can join a support group or speak to a local community for advice on how to manage your symptoms.

For young people and children

Achieving for Children (AfC)

- Website: achievingforchildren.org.uk
- Offers services for children and young people with special educational needs and disabilities in Kingston and Richmond.

Skylarks Charity

- Website: skylarks.charity
- Based in nearby Richmond, Skylarks offers activities and therapies for children with disabilities and additional needs, including neurodivergence.

Express CIC

- Website: expresscic.org.uk
- A community interest company based in Kingston that provides support, therapies, and activities for young people with autism and their families.

Kingston Local Offer

- Website: kingston.gov.uk
- A comprehensive directory of services and support available for children and young people with special educational needs and disabilities in Kingston upon Thames.

For families and parents

Kingston Parent Carer Forum

- Website: kingstonpcf.co.uk
- Provides support for families of children and young people with special educational needs and disabilities, including neurodivergence.

SEND Family Voices

- Website: sendfamilyvoices.org
- Supports families of children and young people with special educational needs and disabilities, including neurodivergent conditions, in Kingston and Richmond.

For adults

Fastminds, Kingston

- Website: <https://adhdkingston.org.uk/>
- ADHD support group run by volunteers.
- Fortnightly face-to-face meetings on Fridays, 11am-1pm.
- Monthly zoom sessions on the 4th Monday of every month, 7-9pm (excluding bank holidays).

ADHD Richmond & Kingston

- Website: adhdrichmond.org
- A volunteer-run charity providing support and resources for individuals with ADHD and their families.

Evidence-based Parenting of Children with ADHD

If you are considering a private option for support

Evidence-based Parenting of Children with ADHD

Package cost for the six-week programme is £600 (per participant) and will be charged as follows:

- Free assessment – 30 minutes
- 5 x hour-long group sessions – £100 per hour (per participant)
- 1 x hour-long individual session – £100 per hour (per participant)

In case it helpful here is also a link to the flier:

<https://www.priorygroup.com/media/wvhnzwwqe/priory-hospital-hayes-grove-support-for-parents-of-children-with-adhd>.