



National Services

Here are some links to local services in the UK that may be of use to you, both whilst you are waiting and after your assessment.

All Ages (Autism & ADHD)

National Autistic Society

- Information, helplines, online community, local branches, advocacy
- Resources for autistic children, adults, parents, carers, and professionals
- Website: autism.org.uk

ADHD UK

- National charity for people with ADHD and their families
- Peer support, webinars, resources, signposting
- Website: adhduk.co.uk

Ambitious about Autism

- Support for autistic children and young people into adulthood
- Education, employment, and transition support
- Website: ambitiousaboutautism.org.uk

YoungMinds

- Mental health support for children and young people (including neurodivergent individuals)
- Parent helpline and youth resources
- Website: youngminds.org.uk

Children & Young People



National Neurodiversity Assessments

Expert Multidisciplinary Diagnostic Services

Contact

- Support for families with disabled children (including autism & ADHD)
- Benefits advice, education guidance, helpline
- Website: contact.org.uk

IPSEA

- Independent legal advice on SEND law
- Education, Health and Care Plans (EHCPs), exclusions, appeals
- Website: ipsea.org.uk

SENDIASS

- Free, impartial SEND advice services in every local authority
- Support for parents and young people
- Website: sendiass.org.uk

ERIC

- Support for bladder, bowel, and toileting difficulties (common in neurodivergent children)
- Website: eric.org.uk

Adults

National Autistic Society Adult Services

- Employment advice, benefits guidance, post-diagnostic support
- Autism-specific helplines and resources
- Website: autism.org.uk



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ADHD Foundation

- Support for adults with ADHD
- Coaching, education, workplace resources
- Website: adhdfoundation.org.uk

Mind

- Mental health information and advocacy
- Relevant for autistic and ADHD adults with co-occurring mental health needs
- Website: mind.org.uk

Scope

- Disability advice, benefits, employment support
- Online community and helpline
- Website: scope.org.uk

Citizens Advice

- Benefits, housing, employment, and legal advice
- Available nationwide
- Website: citizensadvice.org.uk

Employment & Education (All Ages)

Access to Work

- Government-funded workplace support for disabled people
- Can include coaching, equipment, and adjustments for autism/ADHD
- Website: gov.uk/access-to-work

Remploy



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- Employment support for disabled people
- Website: remploy.co.uk

Crisis & Emotional Support (UK)

Samaritans

- 24/7 emotional support
- Phone: 116 123
- Website: samaritans.org

Shout

- 24/7 crisis text support
- Text **SHOUT** to **85258**
- Website: giveusashout.org

Notes for clients / families

- These services **do not require a diagnosis** unless stated
- Many offer **free helplines, downloadable guides, and peer support**
- Local services can often be accessed via:
 - Local Authority SEND Local Offer
 - Adult Social Care
 - GP or Care Coordinator