

ADHD

FOUNDATION

Mental Health, Education and Training Services

NATIONAL ORGANISATIONS

AADD-UK - Adult ADHD

Website: www.aadduk.org

ADD/ADHD Online Information

Website: www.adders.org

ADDISS

Tel: 020 8952 2800

Email: info@addiss.co.uk

Website: www.addiss.co.uk

ADHD Foundation

151 Dale Street

Liverpool

L2 2AH

Tel: 0151 237 2661

Email: info@adhdfoundation.org.uk

Website: <https://www.adhdfoundation.org.uk/>

Facebook: <https://www.facebook.com/adhdfounda...>

Twitter: @ADHDFoundation

Association of Child Psychotherapists

Tel: 020 7922 7751

Email: admin@childpsychotherapy.org.uk

Website: www.childpsychotherapy.org.uk

British Association for Counselling and Psychotherapy (BACP)

Tel: 01455 883300

Email: bacp@bacp.co.uk

Living with ADHD Janssen-Cilag Limited

Website: livingwithadhd.co.uk

Parenting Special Children

Tel: 0118 9863532

Email: admin@parentingspecialchildren.co.uk

Website: www.parentingspecialchildren.co.uk

The Hyperactive Children's Support Group

Tel: 01243 539966

Email: hacsg@hacsg.org.uk

Website: www.hacsg.org.uk

Young Minds

Tel (Parent's Helpline): 0808 802 5544

Website: www.youngminds.org.uk

LOCAL SUPPORT GROUPS

Aberdeen

Email: info@adhdaberdeen.org.uk.

Website: <http://adhdaberdeen.org.uk/>

Ashford, Kent: <http://www.asdashford.com/>

Aylesbury: [http://www.aylesburyvalenas.org.uk/...](http://www.aylesburyvalenas.org.uk/)

Basildon - ADHD and Co-morbids Support Group

Contact Name: Julie

Tel: 01268 474087

Email: cterryandjulie@aol.com

Bath:

Email: adhdath@gmail.com

Bedford: Outside-iN

Tel: 01462 813282

Website: <http://www.outsidein-solutions.org.uk/>

Belfast: www.addni.net

Bexley, Kent - SNAP (Special Needs Access to Provision)

Tel: 020 8320 1488

Email: admin@bexleysnap.org.uk

Website: www.bexleysnap.org.uk

Bexley

Contact Name: Michelle Holloway

Tel: 07576 884579

Bicester

Website: [https://bicesterautismadhd.wixsite.com/...](https://bicesterautismadhd.wixsite.com/)

Facebook: <https://www.facebook.com/BicesterAu...>

Birmingham

Contact Ian Barber <https://www.facebook.com/Egg50>

Bracknell - Adults with ADHD

Contact Name: Nicola

Tel: 07963 392286

Email: berkshire.aadd@googlemail.com

Brighton - ADHD Adult Brighton Support Group

Tel: 01273 772289

Email: info@amazingbrighton.org.uk

Website: <http://adhdbrighton.org.uk/>

Bristol - ADHD ADDULTS Support Group

Contact Name: Susan

Tel: 01934 863556

Email: BristolADHDAdults@googlemail.com

Website: <http://aadduk.org/help-support/supp...>

Bromley, Kent - ADD/ADHD Carers Support Group

Tel: 0800 015 7700

Bromley, Kent - ADHD & ADD Support Group.

Tel: 01689 888978

Email: help@carersbromley.org.uk

Bromley - ADDvice

Contact Name: Lorni

Tel: 020 84026095

Email: lorni01@gmail.com

Website: www.bromley-addvice.co.uk

Burton-upon-Trent/Swadlincote

Contact: Mrs Clarke on 07481 149620 or Mrs Davison on 01283 217909

Cambridge - ADDventure Within Adult ADHD Support Group

Contact Name: Rebecca Champ

Tel: 07855 298536

Email: rebecca.champ@addventure-within.co.uk

Cambridgeshire:

Website: <https://www.pinpoint-cambs.org.uk/h...>

Cambridgeshire Adult ADHD Support Group

Website: <http://addventure-within.co.uk/supp...>

Camden/Islington CAMHS (children):

Tel:020 3316 1824

Cardiff - SPARK Adult ADHD Support

Facebook: <https://www.facebook.com/CardiffAdultAdhd>

Cardiff - ADHD Cardiff

Email: info@adhdcardiff.co.uk

Facebook: <https://www.facebook.com/adhdcardiff/>

Website: <http://adhdcardiff.co.uk/>

Chard, Somerset

Tel: 07969826064

Facebook: <https://www.facebook.com/Chard-adhd...>

Chelmsford - ADHD+ Support Group

Contact Name: Stephen, Heidi

Tel: 0786 612 9728

Email: Stephen - steve@adhdsupport.org.uk or Heidi - heidi@adhdsupport.org.uk

Website: www.adhdsupport.org.uk

Cheshire - Middlewich Aspergers/Autism/ADHD Support Group

Contact: Michelle

Tel: 07825 345 822

Chesterfield - BOOST ADHD/ASD Support Group

Contact names: Jill Baston: 07970422237 or Sam Croot: 07757216987

Website: <http://www.butterflies-adhd.com/gro...>

Corby ADHD/ASD Parent Support Group

Tel: 01536 262000

Cornwall - Time Out from ADHD

Contact: Jenny Goff

Email: jgoff@cornwall.gov.uk

County Down

Email - adhdpsgco.down@outlook.com

County Durham, Stanley - Derwentside ADHD Group

Tel: 01207 233 338

County Durham - Dyspraxia Foundation (including ADHD Support)

Contact Name: Tina

Tel: 0191 384 8283

Email: tinwil@thorndale83.freeserve.co.uk

Crawley - ADHD West Sussex

Email: joroe@adhdwestsussex.org

Facebook: <https://www.facebook.com/adhdwestsussex/>

Croydon ADHD Network

Tel: 020 8686 0393

Email: alison.whyman@croydon.gov.uk or Denise.Griffin@croydon.gov.uk

Facebook: <https://www.facebook.com/ADHD-Parent-Forum-Croydon-2005621126340894/>

Darlington ADHD Support Group

Email: ian.lavin@btinternet.com

Daventry ADHD/ASD Play Session

Contact Daventry East Sure Start Centre
Tel: 01327 313861

Deal, Kent

Contact Name: Sandra
Tel: 01304 361538

Derbyshire: Tintwistle (High Peak)

Website: <http://www.hiddengemsasg.co.uk/home...>
Frantic Families Support Group (Amber Valley area)
Email: leigh.morton@talktalk.net
Tel: 07903 500 233

Devon Support

Tel: 01392 674250

Devon North

Website: <http://ndfautism.co.uk/>
Tel: 07923 481332

Dorset ADHD Support Group

Contact Name: Margaret
Tel: 01305 768297
Email: dorsetadhdcharity@btopenworld.com
Facebook: <https://www.facebook.com/dorset.adhd>
Website: <http://adhdorset.btck.co.uk/>

Dublin NE: <https://www.facebook.com/pages/Dubl...>

Dublin - HADD Support Group

Tel: (01) 8748349
Email: info@hadd.ie
Website: <http://hadd.ie/>

Dundee & Angus ADHD Support Groups

Tel: 01382456873
Website: www.adhddasupport.org

Dunoon: <http://www.nhshighland.scot.nhs.uk/...>

Durham

Facebook: <https://www.facebook.com/A.B.ilityD...>

Ealing - West London Parents ADHD Support Group

Contact: Wendy
Tel: 07970 698 739
Email: wendy.smithmedia@btopenworld.com

Eastbourne, Sussex: Centre for ADHD and Autism Support

Tel: 020 8429 1552

East Sussex - ADHD Adult and Adolescent Support Network

Email: jmonk45582@aol.com

Website: <https://www.escis.org.uk/health/adh...>

Edinburgh ADHD Support

Facebook: <https://www.facebook.com/EdinburghADHD>

Ellesmere Port - The Grasshopper Group

Contact Name: Deborah

Tel: 0151 512 3606

Enniskillen - Adult ADHD Northern Ireland

Email: Niaadhd@gmail.com

Website: www.adultadhdni.org

Exeter - ADHD Support Group

Beacon Heath Children's Centre

The Cedars

Northbrook

Beacon Lane

Exeter EX4 8LZ

Tel: 07800 915267 or 07800 453440

Farnborough: ASD/ADHD/SEN Timeout Support Group

Email: adhdtimout@outlook.com

Folkestone, Kent

Contact Name: Sue

Tel: 01303 253645 AND Special Kids, Tel:01303 246000

Frome, Somerset

Tel: 07905 436778

Gateshead, Tyne & Wear ADHD Support

Contact Name: Pat

Tel: 0191 4960078

Email: gatesheadadhd@yahoo.co.uk

Website: <http://www.gatesheadadhdsupport.co.uk>

Glasgow: ADHD Parent Support West Glasgow

Website: www.adhdglasgow.org

Facebook: <https://www.facebook.com/adhdglasgo...>

Tel: 07950 483885

For adults: <http://www.meetup.com/Glasgow-Adult...>

Gloucester - ADHD Support Group

Email: c.gulley@blueyonder.co.uk

Tel: 07816779473

Guernsey

Facebook: [http://www.adhdsupportgroupguernsey.co.uk/...](http://www.adhdsupportgroupguernsey.co.uk/)

Harrogate - ADD-HERE

Contact Name: Lynda,

Tel: 01423 851477 or Tina - Tel: 01977 683428

Email: tina_whiteley@hotmail.com

Website: <https://www.facebook.com/ADHD-Harro...>

Harrow - ADHD and Autism Support

Contact Name: Therese

Tel: 020 8426 1719

Website: [http://www.adhdandautismharrow.co.uk/...](http://www.adhdandautismharrow.co.uk/)

Hartlepool & Billingham - ADDvance

Contact: Sheila

Tel: 01429 288113 or 01429 865008

Email: sheilahudson@skynow.net

Hatfield, Herts

Email: spaceherts@gmail.com

Hereford - ADHD Childrens Support Group

Contact Name: Adam

Tel: 01432 760930

Herefordshire - ADHD Herefordshire

Tel: 01432 760930

Hertfordshire (North) Baldock

Hitchin

Letchworth

Royston

Stevenage Angels Support Group

Website: [http://www.angelssupportgroup.org.uk/...](http://www.angelssupportgroup.org.uk/)

Hertfordshire

Website: <http://www.add-vance.org/>

Highlands

Tel: 07787 207965

Email: wendykelsey@talktalk.net or highlandadhd@hotmail.co.uk

Website: <http://www.adhdhighland.com/>

Isle of Wight

Facebook: <https://www.facebook.com/pages/ADHD...>

Islington, London

Email: adhdisington@gmail.com

Tel: 07511 455 668 Or 07549 258 244

Kent (East) - ADHD Project KIDS East Kent

Contact Name: Robert
Tel: 01795 410510

Kingston upon Thames Children

Contact: Kingston Carers' Network
Tel: 020 3725 3049
Website: <http://www.kingstoncarers.org.uk/>

Kingston upon Thames - Adult

Contact: Sheena Crankson, FastMinds.
Email: sheenaindigo58@gmail.com
Website: <http://www.adhdkingston.org.uk/> <http://www.adhdkingston.org.uk/about...>

Lambeth, London

Website: <http://www.younglambeth.org/about-y..>
Email: lambethadhd@hotmail.co.uk

Lancashire (Central) - ADHD Lancashire

Contact Name: Bernadette
Tel: 07788 431400
Website: www.adhdlancashire.co.uk
Facebook: www.facebook.com/adhdlancashire
Twitter: www.twitter.com/adhd_lancashire

Lancashire (NW) ADHD Lancashire Support Group

Website: <http://www.adhdnorthwest.org.uk/sit..>

LEEDS - Adults & Children

Contact Name: Lea
Tel: 0113 4146183, Mobile: 07739 455002
Email: lemmahow@gmail.com

Leeds ADHD

Tel: 07437 211936
Website: <http://leeds-adult-adhd.co.uk>

Leicester - ADHD Solutions Parent/Carers Support Groups and Adult Support Group

Tel: 0116 261 0711
Email: info@adhsolutions.org
Website: www.adhsolutions.org
Facebook: www.facebook.com/ADHDSolutionsUK

Lincoln ADHD Support Services

Tel: 01522 719173
Email: lincoln.adhd@btconnect.com
Helpline open from 10am to 2:30pm Monday to Thursday
Website: <http://lincolnadhd.org/>

Liverpool - LADDERS OF LIFE

Contact Name: Teresa

Tel: (07798) 585 656

Everton Brow, Merseyside

Email: TERESAMARIAF@aol.com

Website: www.meetup.com/Liverpool-adult-adhd-ladders-of-life-meetup-com

London (North) - ADHD North London

Tel: 07984 555573

Email: adhdnorthlondon@gmail.com

Website: www.adhdnorthlondon.co.uk

London Adult ADHD Support Group

Email: adhdondon@yahoo.co.uk

Tel: 020 3185 2070 or 07905 230 235

Website: <http://aadduk.org/london-adult-adhd..> <https://sites.google.com/site/joyfi...>

Facebook: <https://www.facebook.com/groups/243...>

Macclesfield - PAC@MACC ADHD Support Group

Contact Name: Tina

Tel: 01606 882897

Email: contact@pacamacc.org.uk

Manchester - M9 Adhd Parent Support Group

Contact: Lindsey Brennan

Tel: 07960 049 486

Email: m9adhdpsg@gmail.com

Website: <http://m9adhdpsg.btck.co.uk/>

Manchester Region Attention Deficit Disorder Group

Website: <http://www.maddchester.com/> www.myadventure.org.uk

Email: contact@maddchester.com

Middlesborough - ADHD Support Group (term time only)

Contact Name: Denise

Tel: 01642 819157

Email: denise_mooney@holmwood.mgrid.org.uk

Moray

Website: <https://www.facebook.com/MorayAdhdS...>

Morecambe - ADHD NORTH WEST

Tel: 01524 411044

Newcastle & Middlesborough

Website: <http://aadhd-ne-uk.weebly.com/>

Newcastle KICK ADHD Support Group

Website: <http://www.netmums.com/newcastle/lo...>

Newport ADHD

Facebook: <https://www.facebook.com/newport.adhd>

Newton Aycliffe - ADHD/ ADD Parent Support Group

Email: aycliffeadhd@hotmail.co.uk

Norfolk - ADD Norfolk

Email: andrea@addnorfolk.com

Website: www.addnorfolk.com

Facebook: <https://www.facebook.com/pages/ADHD...>

Northampton& Bedfordshire - ADHD Matters

Tel: 01604 239200

Website: www.adhdmatters.co.uk

Email: jacky@adhdmatters.co.uk or adhdsmart@outlook.com

North Ferriby - ADHD East Riding

Contact Name: Liz

Tel: 01482 651531 or 01482 633466

Norwich ADDults and Older Teens

Contact Name: Donna

Tel: 07909567204

Email: nutsdonna@hotmail.com

Nottinghamshire:

Check List on: <http://www.nottinghamshire.gov.uk/m...>

Contact: Jo-Hollis Smith Tel: 07881645663 or naomi.sinclair@ntlworld.com or Kayleigh Ruthven Tel: 0115 9051979

Orpington, Kent - ADD/ADHD Carers Support Group Carers Bromley

Tel: 0800 015 7700

Oxford - ADHD Oxfordshire

Contact Name: Mary Austin

Tel: 01865 731378

Email: adhd.oxfordshire@virgin.net

Website: www.adhdoxfordshire.co.uk <http://www.oxfordadhdcentre.co.uk/o...>

Perth and Kinross ADHD Support

Tel: 01738587261

Facebook: <https://www.facebook.com/PerthKinro...>

Peterlee, County Durham Special Needs Group

Tel: 0191 518 0916

Plymouth: Wednesday Group

Mutley Baptist Church

Tel: 01752 245 646

Website: www.wednesdayz.co.uk

Email: claire@wednesdayz.co.uk

Reading

Facebook: <https://www.facebook.com/ReadingUKA...>

Website: <http://www.parentingspecialchildren.co.uk/...>

Poole - ADD TOGETHER

Contact Name: Helen

Tel: 01202 723660

Contact Name 2: Lisa

Tel: 01202 381565

Redditch, Worcs

Facebook: <https://www.facebook.com/pages/ADHD...>

Contact: Sonya

Tel: 07544 028086

Redhill & Reigate

Contact: Mrs Cindy Morris

Tel: 07546 457230

Facebook: <https://www.facebook.com/groups/359...>

Richmond, London - ADHD RICHMOND

Email: communications@adhdrichmond.org

Website: adhdrichmond.org

Facebook: www.facebook.com/AdhdRichmond

YouTube: www.youtube.com/user/AdhdRichmond

Twitter: @AdhdRichmond

Ripon - ADDEPT

Contact Name: Kate

Tel: 01765 658878

Email: kate.mowbray@btinternet.com

Romford, Havering, Hornchurch, Barking & Dagenham - ADD+up

Tel: 01708 454040

Email: addup@addup.co.uk

Website: www.addup.co.uk

twitter: @Addup4adhd

Facebook: www.facebook.com/addup1997

Rugby ADHD support group

UK Tel: 07516 599 291

Email: adhdsupportgroup.rugby@hotmail.co.uk

Website: www.rugbyadhdsupportgroupuk.co.uk

Runcorn Support Group

Contact Name: Dave Tovey

Tel: 07982 426 728

Email: David.tovey@sky.com

Runnymede - (CAMHS)

Tel: 01483 783344 and 01784 884817

Sheffield South - Splash Supporting People Linked by ADHD in Sheffield

Contact Name: Debora

Tel: 0114 2750981

Website: [http://www.adhdsupportsheffield.btck.co.uk/...](http://www.adhdsupportsheffield.btck.co.uk/)

Sheerness, East Kent - ADHD Project, KIDS

Contact: Robert

Tel: 01795 410510

Sheppey, Kent - ADHD Sheppey

Contact: Beverley

Tel: 07968023050

Email: adhdsheppey@gmail.com

Facebook: <https://www.facebook.com/adhdsheppeysupportgroup>

Southampton - ADDrift

Contact Name: Fiona & Trevor

Tel: 02380 496 718

Southend-On-Sea - ADHD United

Tel: 07982462097

Email: adhdunited@yahoo.co.uk

South Shields - South Tyneside A.D.H.D. Support

Contact Name: Jean

Tel: 0191 4242862

Email: jeansinclair@blueyonder.co.uk

Southwark, London - Southwark ADHD

Contact: Joseph

Tel: 020 7708 4497

Email: southwarkadhd@gmail.com

Twitter: @southwarkadhd

South Yorkshire - ADHD South Yorkshire

Facebook: <https://www.facebook.com/www.ADHDSouthYorkshire.co.uk/>

Spelthorne - for parents/carers

Contact: Nicole Williams

Tel: 01784 446234

Email: spelthorne.css@gmail.com

Website: [http://www.carerssupportspelthorne.co.uk/...](http://www.carerssupportspelthorne.co.uk/)

Stafford - The Lighthouse ADHD Support Group

Tel: 07754 822288

Email: lighthouse.group.adhd@googlemail.com

Website: <http://www.lighthousegroup.org.uk/l...>

St Helens

Contact: Clair Hodgson

Tel: 07408824868

Email: Clairparentsmeetingparents41@gmail.com

Stockport - SPACE Stockport

Website: www.spacestockport.org

Email: info@spacestockport.org

Twitter: @spacestockport

Facebook: facebook.com/spacestockport

Stoke-on-Trent ADHD Stoke

Facebook: <https://www.facebook.com/adhd.stoke>

Suffolk

Email: info@autismandadhd.org

Tel: 01473 557550

Website: <http://www.autismandadhd.org/>

Sunderland A.D.H.D. Support

Contact Name: Linda

Tel: 07857 008451

Email: lindanew66@yahoo.co.uk

Surrey (North)

Tel: 01784 444 233

Swindon ADHD Support Group

Email: swindonadhd@gmail.com

Facebook: <https://www.facebook.com/groups/729...>

Tadworth, Surrey

Contact: Elaine Kelley

Tel: 07775 684552

Email: ekelley1959@gmail.com

Truro, Cornwall - Special Needs Children Services

Contact Name: Anne

Tel: 01872 356040

Wakefield - West Yorkshire ADHD Support Group

Contact Name: Brenda

Tel: 01924 863212

Email: Claire24b@hotmail.com

Wakefield, Eastmoor ADHD Support Group

Contact: Andy or Julie

Tel: 01924 211360

Email: richard@austerfield.fsworld.co.uk or clark1231@hotmail.com

Ware, Herts - ADD-vance

Contact Name: Anne

Tel: 01727 833963

Email: Herts@add-vance.org

Website: www.add-vance.org

Wandsworth/Battersea, London: SenTalk

Website: <https://sentalk.org/>

Email: contactus@sentalk.org

Warrington - ADHD Warrington (Parents & Carers) Support Group

Tel: 07486124414

Email: adhdwarrington@gmail.com or warringtonadhd@gmail.com

Twitter: <https://twitter.com/AdhdWarrington>

Wellingborough, Northamptonshire - ADHD Wise UK

Tel: 07730096028

Facebook: @adhdwiseuk

Website: www.adhdwise.co.uk

West Cumbria - ADHD West Cumbria Family Support

Contact Name: Marie Steele

Tel: 078 990 27727

Email: marie@adhdumbria.org.uk

Website: www.adhdumbria.org.uk

Facebook: <https://www.facebook.com/ADHD-West-...>

West Sussex – ADHD Support

Email: crawley@adhdwestsussex.org

Email: worthing@adhdwestsussex.org

Facebook: <https://www.facebook.com/groups/CrawleyADHD/> and

www.facebook.com/groups/worthingADHD/

Wigan - PARENTS IN NEED

Contact Name: Ann

Tel: 0800-917-6790

Wiltshire

Tel: 07832 193362

Email: peter@swepan.com

Website: <http://adhdwiltshire.co.uk/contact>

Winchester

Contact: Barbara Edwards (Adult ADD Coach)

Tel: 01962 870549

Email: edwardsbarbara@btconnect.com

Website: www.safespacelearning.co.uk

Wisbech

Contact: Cat, Marlene or Rachel

Tel: 01354 750401

Facebook: <https://www.facebook.com/Wisbech-AD...>

Wolverhampton

Contact: Tracey

Tel: 07932 424 362

Contact: Mandy

Tel: 07949 809 458

Email: adhdsupportgroup@blueyonder.co.uk

Website: <http://www.wolvesparentpartnership.org/...>

Worthing

Contact: Sharon or Sheena

Tel: 07765 262524 or 07867 786540

Email: Twinkletoes71@hotmail.co.uk

Yorkshire ADHD Support Group

Website: <http://west-yorkshire-adhd.org.uk/m...>

Yeovil - ADHD Yeovil

Facebook: <https://www.facebook.com/adhd.yeovil/>

Twitter: <https://twitter.com/ADHDYeovil>