ADHD SUPPORT

Local Support St Helens & Merseyside



You're not alone.

Local services are here to support your mental health, build connections, and help you manage daily life with confidence

St Helens Wellbeing Service

Mental health support, lifestyle advice, and community activities

01744 371111

www.sthelenswellbeing.org.uk

Neuronatters

Peer support group for neurodivergent adults

Thursdays 10:00 – 12:00

YMCA Beacon Building, College Street, St Helens, WA10 1TF

Facebook: "Neuronatters"

FUEL Community Café

Low-cost meals, community support, and a relaxed, welcoming space

01744 380234

64-68 Westfield St, St Helens WA10 1QJ

Facebook: "FuelCIC"

Live Well Directory

Find local groups, activities, and support services online

01744 582172

www.thelivewelldirectory.com

Liverpool ADHD Support Group

Ladders of Life

Peer support for adults with ADHD/ASD

Facebook: "Ladders of Life ADHD Support"

ADDvanced Solutions Community Network

Information, advice and guidance to families, equipping them to support neurodivergent children

01744 582172

www.addvancedsolutions.co.uk

Next page: National ADHD Support & Resources

ADHD SUPPORT

National Support

Further help is available across the UK.

These organisations offer information, advice, and support for individuals, families, and carers.

ADDISS – National ADHD Information Service

Information, training & resources for ADHD

020 8952 2800
www.addiss.co.uk

AADDUK (Adults with ADHD UK)

Online peer support and information (available 24/7)

www.aadduk.org

ADHD UK

Helping people navigate their life with ADHD

www.adhduk.co.uk

ADHDAF+ Charity

Connects and empowers ADHD adults of marginalised genders

www.adhdafplus.org.uk

ADHD and You

Providing information and insights into ADHD in children, young people and adults

www.adhdandyou.co.uk

YoungMinds

Support for parents of children and young people

0808 802 5544
www.youngminds.org.uk

You're not alone – support is available when you need it.

St Helens South PCN Ltd