

GREENWICH MENTAL HEALTH HUB - EXPLORING NEURODIVERSITY GROUP

- The Exploring Neurodiversity group is part of the Greenwich Mental Health Hub
- This support group aims to explore what it means to be neurodivergent, how being neurodivergent can impact our lives, and share coping strategies for some common neurodivergent symptoms such as over stimulation or impulse control
- Runs every Monday from 2-3.30pm, as a 6-week programme
- You may have ADHD, autism, dyslexia, dyspraxia or any other neurodevelopmental difficulties
- You do not need to be formally diagnosed to join this group.
- To join, speak to your GP to be referred to the Greenwich Mental Health Hub or email the neurodiversity group below for enquiries

PHONE - 0208 301 8960

EMAIL - oxl-tr.gmhhneurodiversitygroup@nhs.net



ADHD UK

- Supports people with ADHD, their families, and carers
- Provides information, online support (groups, Q&As), advocacy, and raising public awareness to reduce stigma
- Aims to improve lives through better understanding, resources for diagnosis/treatment, and funding research

WEBSITE - <https://adhduk.co.uk/>

EMAIL - 'Contact Us' form available on the website

SOCIETY FOR NEURODIVERSITY (S4Nd)

- The Society for Neurodiversity is a national, neurodivergent member-led community organisation and registered charity
- Aims to create a sense of belonging, provide mutual support, and advocate for the rights and inclusion of all neurodivergent people and their allies, including friends and family
- Runs various activities, including social events, creative programmes, and peer support groups to combat isolation and build connections
- Serves members across the UK primarily through online platforms

WEBSITE - <https://www.s4nd.org>

EMAIL - enquiries@s4nd.org

we're **kind** we're **fair** we **listen** we **care**



Neurodiversity

Greenwich Mental Health
Support Resources

**Greenwich**
Mental Health Hub

GREENWICH MENCAP

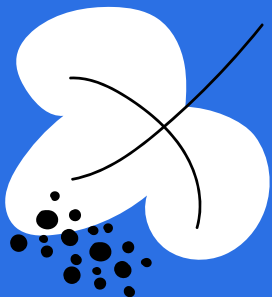
- Charity offering support for people with autism, learning difficulties and learning disabilities
- Offers direct activities like dancing, life skills training, and community support
- Helps with day to day life or advice on benefits, and building confidence with fun, social activities
- The national Mencap organisation provides broader advice on learning disabilities, learning difficulties, and autism too, aligning with their mission to fight for an inclusive society for all with learning disabilities

PHONE - 020 8305 2245

WEBSITE -

<https://www.greenwichmencap.org.uk/>

EMAIL - info@greenwichmencap.org.uk



MORE RESOURCES

Attention Deficit Disorder Information and Support Service (ADDISS)

- National charity which provides people-friendly information and resources about ADHD to anyone who needs assistance – parents, sufferers, teachers or health professionals
- They provide information about ADHD and its diagnosis
- They organise conferences and training, run a bookstore and coordinate a network of support groups
- Locally, there is a support group in Kingston-upon-Thames and two in South London

PHONE - 020 8952 2800

WEBSITE - <http://www.addiss.co.uk/>

EMAIL - info@addiss.co.uk



Autistic Inclusive Meets (AIM)

- Charity organisation created by autistic people to enable families with autistic children, and autistic individuals to get out into the community and socialise in an accepting, inclusive environment with like-minded peers
- Provide support and advice to families and individuals
- Promote acceptance of autism through education of the general public
- Protect autistic rights by campaigning against autistic mistreatment
- Social groups cover a wide range of activities such as boxing, arts and crafts, children's playgroup, adults social group and more
- Details on times and places are on the website

PHONE - 0208 8502866

<https://www.autisticinclusivemeets.org/>

EMAIL - autisticinclusivemeets@gmail.com