



Living Well North Tyneside

Supporting Health and Wellbeing

ADHDaptive offers ADHD coaching, parent support sessions and one-off ADHD Brain Sessions by appointment. The website also has a free ADHD blog with articles about adult ADHD, late diagnosis, Access to Work, shared care, work pressure, young adult support and daily life with ADHD. People can contact ADHDaptive by email or phone, or visit the website for free information. ADHDaptive is not a medical, diagnostic, legal, safeguarding or crisis service.



0191 468 2984



contact@adhdaptive.org



Online service. Face-to-face support may be available in public or hired spaces by appointment. No drop-in service.
ne61 6bf



<https://adhdaptive.org/>



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Services

No Services

Things to do

No Activities

