



Living Well North Tyneside

Supporting Health and Wellbeing

Sessions can help with things like getting started, planning, time management, task avoidance, study or work pressure, confidence, communication, and understanding how ADHD affects daily life.

Support is calm, practical, and tailored to the person. ADHDaptive works with adults, late-diagnosed people, young adults, and people who may be waiting for assessment or trying to understand their ADHD-related challenges.

Sessions are available online or in person by arrangement.

Session summaries are provided after sessions, so clients do not have to rely only on memory and can return to the key points, reflections, and agreed-upon next steps.

In-person sessions are by appointment only and may take place in suitable public or hired spaces, depending on location, availability, and what is appropriate for the person being supported.

This is not a drop-in service, crisis service, diagnostic service, medical service, or therapy service.

ADHDaptive also provides parent support sessions, one-off ADHD Brain Sessions, workplace neurodiversity support, and free ADHD resources through the ADHDaptive website.

People can get in touch by email, phone, or through the website to discuss what kind of support may be suitable.



[ADHD](#) | [ADHD coaching](#) | [neurodivergent](#) | [Executive functioning](#) | [Study support](#) | [Late diagnosis](#) | [Task avoidance](#)

[adults](#) | [young adults](#) | [Work support](#) |



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Sessions by prior arrangement, no drop-ins
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<https://adhdaptive.org/>

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