



Living Well North Tyneside

Supporting Health and Wellbeing

These sessions help parents understand what may be happening beneath everyday difficulties such as avoidance, overwhelm, emotional reactions, communication breakdowns, study pressure, independence, routines, and conflict at home.

The focus is practical, calm, and non-judgemental. Sessions can help parents support their young person without constant reminders, pressure, arguments, or feeling as though they are getting everything wrong.

Sessions are online only and available by appointment.

Keeping these sessions online helps keep the cost lower and makes the support easier to access without travel, room hire, or additional time pressure.

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

Parent support sessions are for parents and carers. ADHDaptive does not coach children. Support is usually most relevant where the young person is an older teenager, young adult, college student, university student, or adult child.

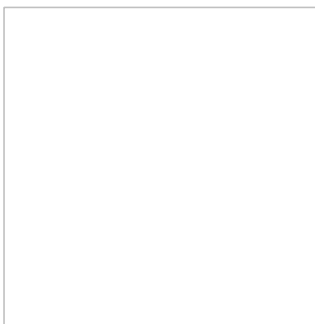
Sessions can help parents better understand ADHD, executive functioning, emotional overwhelm, communication, motivation, task avoidance, independence, and how to reduce repeated conflict.

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

People can get in touch by email, phone, or through the website to discuss whether parent support sessions may be suitable.



[ADHD](#) | [Neurodiversity](#) | [Parent support](#) | [young adults](#) | [family support](#) | [Executive functioning](#) |
[Emotional communication](#) | [overwhelm](#) | [Study support](#)



0191 468 2984

contact@adhdaptive.org

Online service only. No drop-ins.
NE28 6RJ

<https://adhdaptive.org/>

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