



Living Well North Tyneside

Supporting Health and Wellbeing

The resources cover ADHD, neurodivergence, ADHD coaching, parent support, young adult support, Access to Work, shared care, Right to Choose, workplace pressure, emotional overwhelm, executive functioning, and everyday ADHD challenges.

This is a free online information resource. People can read articles, access guidance, and find out about support options through the ADHDaptive website.

The ADHDaptive website includes free articles, guides, signposting information, and practical resources for people trying to understand ADHD and neurodivergence.

The information may be useful for adults with ADHD, people waiting for assessment, late-diagnosed adults, young adults, parents, carers, employers, managers, and professionals supporting neurodivergent people.

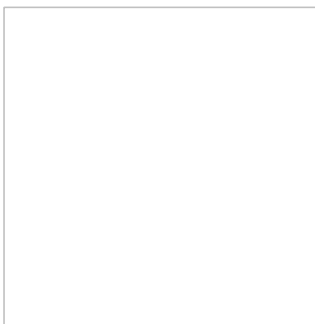
Topics include ADHD in daily life, work, study, emotional overwhelm, executive functioning, Right to Choose, shared care, Access to Work, parent support, young adult support, and workplace neuroinclusion.

This is an online information resource only. It is not a crisis service, diagnostic service, medical service, legal advice service, or therapy service.

People can also use the website to contact ADHDaptive or book a free introductory chat if they want to discuss support options.



[ADHD coaching](#) | [ADHD resources](#) | [Neurodiversity](#) | [Right to Choose](#) | [Shared care](#) | [Access to Work](#) |
[Parent support](#) | [young adults](#) | [Work support](#) | [Executive functioning](#)



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Online resource only. No drop-ins.
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<https://adhdaptive.org/>

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