



ADHD Support While Waiting Programme

Information for Service Users

What is this programme?

The **ADHD Support While Waiting Programme** is designed to support adults across Northern Ireland who are:

- Waiting for an ADHD assessment
- Trying to access ADHD services
- Experiencing difficulties that may be linked to ADHD

This is a **non-clinical support programme**, meaning it does not provide diagnosis or medical treatment. Instead, it offers **practical tools, understanding, and support** while you are on a waiting list.

Why does this programme exist?

We understand that waiting for assessment or support can be frustrating and overwhelming. Many people experience:

- Increased stress or burnout
- Difficulties with focus, organisation, or time management
- Emotional ups and downs
- Feeling stuck or unsure what to do next

This programme aims to **reduce that pressure**, provide **early support**, and help you feel more prepared for future services.

Who is it for?

You may be eligible if you:



- Are aged **18 or over**
- Live in **Northern Ireland**
- Are **waiting for an ADHD assessment** or trying to access services
- Are experiencing **day-to-day difficulties**, such as:
 - Struggling with focus or organisation
 - Feeling overwhelmed or burnt out
 - Difficulties managing emotions
 - Challenges with routines or time

You **do not need a formal ADHD diagnosis** to take part.

What does the programme include?

Once accepted onto the programme, you will receive:

1. Initial Triage (1:1)

A short screening conversation to understand your needs and ensure the programme is suitable for you.

2. ADHD Workshops (2-Day Programme)

Structured sessions covering:

- Understanding ADHD
- How ADHD affects daily life
- Practical coping strategies
- Tools to support organisation, focus, and emotional regulation

3. Practical Strategies

You will learn realistic, usable approaches to help with:

- Managing overwhelm
- Improving daily functioning
- Building routines that work for you



4. Follow-Up Support

A check-in after the workshop to:

- Reflect on what you've learned
- Support next steps
- Answer any questions

5. Resources

You will receive helpful materials and resources to continue your learning and support your progress.

6. Signposting

Where appropriate, we can guide you towards additional services or supports.

What this programme is NOT

To help manage expectations, it's important to know that this programme:

- ❌ Does **not** provide an ADHD diagnosis
- ❌ Is **not** a medical or clinical treatment
- ❌ Does **not** replace assessment or specialist services

It is designed as **early support while you are waiting**.

What are the benefits?

Many people who attend report:

- Feeling more understood and less alone
- Improved ability to manage daily life
- Reduced overwhelm and stress
- Greater confidence in coping strategies
- Better preparation for assessment or future support



What happens next?

1. You submit your application and any requested information
2. Your eligibility is reviewed
3. If suitable, you will be invited to book onto a workshop
4. You attend the programme and receive follow-up support

Need support or have questions?

If you're unsure about anything or need help with the process, please contact us:

Info@asafespacetobeme.co.uk

02896 208284

A Safe Space to be Me

Supporting you while you wait.