💡 Receiving an ADHD diagnosis can bring a mix of emotions. For some people, it provides answers to questions they've had for years. For others, it may feel overwhelming or leave them wondering what happens next. How ever you are feeling, you're welcome here.

Our service is here to provide information, practical strategies, and support as you learn more about ADHD and what it means for you. ADHD affects everyone differently, and there is no single "right" way to experience it. Together, we'll explore approaches that can help you build on your strengths and manage the challenges that matter most to you.

In each newsletter, we'll share:

- Practical tips for everyday life
- Information about ADHD and wellbeing
- Updates on groups, workshops, and resources
- Ideas from trusted sources to support you on your journey

We're glad you've joined us and look forward to supporting you.

🌱 ADHD group sessions

We're delighted to let you know that bookings are now open for our Peer Support ADHD Group sessions.

These groups are designed for adults who have recently been diagnosed with ADHD, offering a welcoming and supportive space to connect with others who share similar experiences. Together, you'll have the opportunity to exchange ideas, discuss everyday challenges and strengths, and explore what living with ADHD means for you.

Each group consists of three sessions, and we encourage participants to attend all three to get the most from the course. Booking onto the first session will automatically reserve your place for the remaining sessions.

Please choose **one** of the following courses:

Group 3

📍 In person – The Orchard, Crawley (parking available on site and on Brighton Road)

🕐 Tuesdays, 1:00–2:30pm

4th, 11th & 18th August

Book here:[Eventbrite Link]

Group 4

💻 Online

🕛 Thursdays, 6:00–7:30pm

6th, 13th & 20th August

Book here: [Eventbrite Link]

If you have any questions or would like help deciding which group is right for you, we're happy to help - just get in touch.

If these dates don't work for you, there will be more opportunities to join a group later in the year, as we'll be releasing additional dates.

We look forward to meeting you.

💙 Looking after your mental health

Receiving an ADHD diagnosis can bring up a wide range of emotions. For some people, it may bring relief and validation, while for others it can feel overwhelming or raise new questions. You may also already be managing your mental health alongside your ADHD.

Whatever you're experiencing, it's important to know that support is available. If you feel you would benefit from talking to someone, you can self-refer to West Sussex Talking Therapies without needing a GP referral.

Self-referral: https://www.westsussextalkingtherapies.nhs.uk/self-refer

🌈 Keep This in Mind

Small steps still move you forward.

💌 Get in Touch

If you have any questions or need a little extra support, we are always happy to hear from you - just get in touch. You can reach us at: sxcib.crawleysocialprescribing@nhs.net

Please include "ADHD" in the subject line of your e-mail so we can identify and direct your enquiry to the appropriate team.