

# The Liverpool FREE offer for families living with Neurodevelopmental Conditions

## ADHD Foundation

**Call** 0151 237 2661  
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**Visit** [adhd.foundation.org.uk](http://adhd.foundation.org.uk)

LCVS, Dale Street, Liverpool L2 2AH



### For Parents & Carers

#### What can you offer?

##### **Pre diagnosis, During diagnosis / under assessment, Post diagnosis:**

- Information advice and guidance
- Skills training for parents and carers
- Systemic Family Therapy
- Individual Therapy: CBT, Counselling, Integrative
- Managing emotions: anger and resolving conflict situation
- Stress management and sleep support sessions
- Parent Support and Advisory Group (monthly)
- Tourettes Support Group
- Volunteering Programme

- Support for speech and language difficulties and sensory processing difficulties
- Drop in service for parents/carers Friday mornings
- Telephone and email support
- QB Test

#### How do they access it?

- Self referral
- Liverpool Postcodes
- Professional referral

### For Children 5-11 years

#### What can you offer?

##### **Pre diagnosis, During diagnosis / under assessment, Post diagnosis:**

- Skills Training for children
- Systemic family therapy
- Individual therapy: CBT Counselling, Integrative (*pending capacity*)
- Managing emotions: anger and resolving conflict situation
- Stress management and sleep support sessions

- Support with speech and language difficulties and sensory processing difficulties
- QB Test

#### How do they access it?

- Self referral
- Liverpool Postcodes
- Professional referral

### For Young People up to 25 years

#### What can you offer?

##### **Pre diagnosis, During diagnosis / under assessment, Post diagnosis:**

- Information advice and guidance
- Skills training for children and young people
- Systemic Family Therapy
- Individual therapy: CBT Counselling, Integrative
- Managing emotions: anger and resolving conflict situation
- Duke of Edinburgh Award Scheme for children with comorbid anxiety and depression
- Health Education Youth Clubs (10 week programme)
- Stress management and sleep support sessions

- Volunteering Programme (16 years+)
- Support with speech and language difficulties and sensory processing difficulties
- Telephone and email support
- QB Test

#### How do they access it?

- Self referral
- Liverpool Postcodes
- Professional referral