

ADHD SUPPORT

Local Support St Helens & Merseyside



You're not alone.



Local services are here to support your mental health, build connections, and help you manage daily life with confidence

St Helens Wellbeing Service

Mental health support, lifestyle advice, and community activities

☎ 01744 371111

🌐 www.sthelenswellbeing.org.uk

Fusion St Helens

Friendly community hub with social groups, creative sessions & wellbeing support

☎ 01744 751 677

🌐 www.fusionsthelens.co.uk

Live Well Directory

Find local groups, activities, and support services online

🌐 www.thelivewelldirectory.com

ADHD Foundation (Liverpool)

Workshops, resources, and support for adults, parents & carers

☎ 0151 541 9020

🌐 www.adhdfoundation.org.uk

FUEL Community Café

Low-cost meals, community support, and a relaxed, welcoming space

☎ 01744 380234

📍 64-68 Westfield St, St Helens WA10 1QJ · 2.7 mi

Liverpool ADHD Support Group

Ladders of Life

Peer support for adults with ADHD/ASD

🌐 Facebook: "Ladders of Life ADHD Support"

Next page: National ADHD Support & Resources



St Helens South PCN Ltd

ADHD SUPPORT

National Support

Further help is available across the UK.

These organisations offer information, advice, and support for individuals, families, and carers.

ADDISS – National ADHD Information Service

Information, training & resources for ADHD

☎ 020 8952 2800

🌐 www.addiss.co.uk



AADDUK (Adults with ADHD UK)

Online peer support and information (available 24/7)

🌐 www.aadd.org.uk

YoungMinds

Support for parents of children and young people

☎ 0808 802 5544

🌐 www.youngminds.org.uk

You're not alone – support is available when you need it.

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