wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

Managing ADHD symptoms

FREE Online workshop

This 45-minute workshop will help support individuals who have a diagnosis of ADHD, those who experience symptoms associated with ADHD, and those currently on the waiting list for a diagnostic assessment. The session will cover a variety of tools and techniques to help manage ADHD symptoms.

0300 123 1503
wellbeingnands.co.uk

Register here

SCAN ME

for anxiety and depression