

## **Adult ADHD Support Group Meeting - Adult ADHD Support Groups North East UK**

An opportunity to share your personal experience of having or going through diagnosis for ADHD and their partners.

Drop in for a while or stay until 9pm. Discuss help available, share useful coping techniques for ADHD and neuro diverse conditions and celebrate the positive side of being Neuro diverse.

Meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.

Newcastle meetings are held at ReCoCo on the 4th Thursday of the month.

Phone the mobile number or email if you want to have a chat before attending.

There are also AD/HD support groups for:

North Tyneside & Blyth valley

Gateshead

Durham

Sunderland

Middlesbrough

Last updated: May 22, 2025