

Adult ADHD Support Groups North East UK

Adult Attention deficit hyperactivity disorder (ADHD) support groups for people who live in Tyne & Wear, Northumberland, Teesside, or Durham.

The meetings are friendly and informal. They are open to all adults who have had a diagnosis or are in the process of seeking a diagnosis of ADHD and partners of adults with ADHD.

You can go along and

- share your experiences and knowledge of living with ADHD,
- find out about other help that is available,
- discuss useful techniques that minimise some of the difficulties that ADHD can present.
- celebrate the positive aspects of living with AD/HD.

The Newcastle meeting is held on the 4th Thursday of the month at [ReCoCo](#).

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