CHAT AUTISM AND ADHD

Do you need support for Autism or ADHD related differences?

Do you have a question about the support services that are available to you?

Is there something you want to ask but you'd rather text than talk?

If you answered yes to any of these questions our anonymous messaging service is available for young people under 18, or for parents and carers seeking advice about a child or young person. The service offers support and advice for Autism-related and ADHD-related needs.



For free confidential support and advice text:

07507329954

ChatHealth

Chat Autism & ADHD provides confidential, anonymous help and advice on Autism & ADHD for young people under the age of 18. No diagnosis is required. Young people can get in touch themselves, or parents and carers can contact us about a child or young person. We aim to reply within 48 hours (9am-4:30pm Monday to Friday), and you'll receive an automatic message to confirm we've received your text. If we believe someone is at risk of serious harm, we may need to share information with emergency services or the police. This is not a crisis service; if you need urgent help, contact NHS 111 or call 999 in an emergency.