

HOPE THERAPY & COUNSELLING SERVICES

ADHD Support

ADHD support that works with your brain, not against it.

Neurodivergent-affirming counselling for adults with ADHD — online across the UK and face-to-face across England. No diagnosis required. At a pace that fits how you actually function.

NCPS ORGANISATIONAL MEMBER

NO DIAGNOSIS REQUIRED

ONLINE & IN-PERSON

FREE 15-MIN CONSULTATION

WHO THIS IS FOR

If you have spent your whole life trying harder than people realise

"Maybe you have known you have ADHD since childhood. Maybe you only began to suspect it last year. Maybe you are on a waiting list for assessment. Maybe you have decided not to pursue a diagnosis at all — and that is also a valid place from which to seek support."

ADHD is not a personal failing, a motivation problem, or something you need to grow out of. It is a neurodevelopmental difference — the way your brain is wired to handle attention, emotion, motivation, time, and impulse. There is nothing wrong with the wiring.

But moving through a world built around neurotypical timekeeping, neurotypical productivity, and neurotypical emotional regulation is genuinely tiring. The cost of always running an internal workaround accumulates. Many of the adults who come to us are not in crisis. They are exhausted, often quietly, and they are tired of being told they just need to try harder.

Some things adults with ADHD often describe

- A persistent gap between what you intend to do and what actually gets done
- Hours lost to tasks that should have taken twenty minutes
- Rejection sensitivity — small slights that feel disproportionately painful
- Emotional intensity that arrives quickly and is hard to regulate
- Time blindness — past, present, and future feeling like one undifferentiated "now"
- Forgetting things you genuinely care about, then feeling terrible about it
- Burnout cycles that look like procrastination from the outside
- Years of being called bright but lazy, capable but careless, "a bit much"
- The exhausting work of building scaffolding around your own brain
- The slow, accumulating weight of being misunderstood

Please note: We do not carry out ADHD assessments or formal diagnoses, and we do not prescribe medication — that work sits with specialist clinicians. We also do not provide crisis support or support for active self-harm or suicidality. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

CONTEXT, NOT PATHOLOGY

Why so many adults with ADHD come to therapy

ADHD itself is not a mental health condition. It is a neurotype — a way the brain is wired. But adults with ADHD are more likely to also experience anxiety, depression, low self-esteem, burnout, and difficulties in relationships. The reason for this is not the ADHD itself. It is what happens when an ADHD brain spends decades trying to function in environments that were not designed for it.

Schools that punish forgetting and reward sitting still. Workplaces that mistake rapid thinking for rudeness. Relationships where the cost of forgetting a birthday or zoning out in conversation has to be apologised for over and over. Years of internalising the message that you are the problem. None of this is your fault — but the toll it takes is real. That toll is often what counselling helps with.

WHAT WE OFTEN WORK ALONGSIDE

Counselling can offer a space to work through

- Anxiety, panic, and chronic overwhelm
- Low self-esteem and a long-standing inner critic
- Rejection sensitive dysphoria and its impact on relationships
- Burnout — and learning to recognise it sooner
- Processing a late diagnosis: relief, grief, and reframing your past
- Difficulties at work, including masking and the fear of being "found out"
- Relationship strain — including with neurotypical partners
- Shame about forgetting, missing things, or not finishing what you started
- Unhelpful coping strategies that have crept in over the years
- The slow weight of years of being misunderstood

If you are not sure what you want help with, that is also a fine place to start. A free 15-minute consultation gives you space to think out loud without committing to anything.

A SPACE THAT MEETS YOU WHERE YOU ARE

Counselling cannot change your ADHD. It can offer somewhere you do not have to apologise for it.

Working with a counsellor who understands ADHD means starting from a different place than you might be used to. You do not have to explain why a 9am appointment is a different proposition for you than for other people, or why "just make a list" was never going to work. Your therapist starts from the assumption that your experience makes sense — and the work begins from there.

Practicalities are set up to suit how your brain actually works: reminders the day before, a consistent session time, permission to fidget or pace, written follow-ups where helpful. Adjustments are not extras — they are part of how a session is built around you.

THERAPEUTIC APPROACHES

How we work with ADHD

Counselling & Psychotherapy

An open, person-centred space to talk, reflect, and be heard — without having to be more concise, more organised, or more neurotypical. For many adults with ADHD, simply being understood is itself a form of relief.

CBT (ADHD-aware)

Helpful for the anxiety, low mood, and self-criticism that often sit alongside ADHD. We work with neurodivergent-aware adaptations rather than off-the-shelf CBT — because the standard version was not built with ADHD brains in mind.

Compassion Focused Therapy

Many adults with ADHD arrive with a fierce inner critic. CFT helps soften that voice and build something kinder in its place — particularly valuable after a late diagnosis.

Coaching

Where counselling focuses on the emotional layer, coaching focuses on the practical one — building systems and routines that work with your brain rather than against it. The two often overlap, and many people find both useful at different points.

WHAT TO EXPECT WHEN YOU REACH OUT

Reaching out is often the hardest part. Here is exactly what happens.

1 Book a free 15-minute consultation

A low-pressure conversation, not a therapy session. No pressure to have your thoughts in order or to know exactly what you want help with. If you would prefer to do this by email rather than by phone, just say so when you book — that is a completely reasonable adjustment to ask for.

2 We match you with a therapist

Based on what you have shared, our team will suggest a therapist from our 90+ whose experience working with ADHD, approach, and availability suit what you are looking for. If the first match doesn't feel right, we'll find someone who does — at no extra cost.

3 Your first session

A chance to get a sense of each other. Your therapist will listen, explain how they work, and check in about anything that would make the sessions easier — including reminders, formats, session rhythm, and any communication preferences. There is no expectation that you arrive knowing what you want.

4 Ongoing sessions at your pace

Sessions are usually weekly, but other rhythms can work too. Online sessions are available throughout the UK via Zoom. Face-to-face is available across 20+ counties in England. If you miss a session, we will work with that, not against it.

Practical adjustments — built in, not bolted on

- ✓ Session reminders the day before
- ✓ Permission to fidget, doodle, or pace
- ✓ Email-first contact if phone feels like too much
- ✓ Online sessions to remove travel load
- ✓ Consistent, agreed session time each week
- ✓ Written follow-up notes where helpful
- ✓ Flexible session rhythm (weekly, fortnightly)
- ✓ No judgement for running late or missing a session

WHAT OUR CLIENTS SAY

Client experiences

“

I had spent so long thinking I was just lazy and bad at being a person. My therapist helped me see what was actually going on, and let me bring all of myself into the room without feeling like I was being too much. It has changed how I talk to myself.

CLIENT WHO SOUGHT SUPPORT AFTER A LATE ADHD DIAGNOSIS

“

I used to dread the email reminder for my session, then arrive ten minutes late, then apologise the whole way through. With this therapist I never had to apologise for any of it. We just got on with the work. That alone was worth it.

ADULT WITH ADHD, INDIVIDUAL THERAPY CLIENT

“

I came in completely burnt out and convinced something was wrong with me. We worked on the things underneath that — the perfectionism, the rejection sensitivity, the years of trying to mask. I do not feel fixed. I feel less at war with myself, which is what I actually wanted.

CLIENT WHO CAME TO US FOR ADHD-RELATED BURNOUT

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

Do I need a formal ADHD diagnosis to access counselling with you?

No. Many of the adults we see come for support before a diagnosis, while waiting on an assessment, or after deciding not to pursue formal assessment at all. What matters is that the support feels right for you.

What is the difference between ADHD coaching and ADHD counselling?

Coaching tends to focus on practical strategies — building systems, managing time and priorities. Counselling tends to focus more on the emotional layer — anxiety, self-criticism, processing a late diagnosis, the impact of years of being misunderstood. The two often overlap, and many people benefit from both.

I have ADHD and I'm worried I won't follow through with sessions. Is that a problem?

You are not the first person to ask this, and it is not a problem. Your therapist can help set up the practicalities — reminders, formats, session rhythm — in ways that suit how your brain works. If you miss a session, we will not write you off. Showing up imperfectly is still showing up.

Can a counsellor diagnose ADHD or prescribe medication?

No. Counsellors and psychotherapists are not able to diagnose ADHD, and we do not prescribe medication. A formal diagnosis and any medication decisions sit with specialist clinicians — typically a psychiatrist.

TAKING THE FIRST STEP

You do not have to have it figured out before you get in touch

The free consultation is a low-pressure 15-minute conversation. You do not need to know what you want, have your thoughts in order, or be sure that counselling is right for you. If sending a message feels more manageable than picking up the phone, that is also fine — just say so when you make contact.

A reduced-rate option may be available with one of our trainee counsellors, who are qualified to at least Level 5 and work under regular qualified supervision. If this would be helpful, please ask during your consultation.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation — a chance to think out loud, ask questions, and explore whether ADHD counselling can help, with no commitment to proceed.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service and cannot provide support for active self-harm or suicidal ideation. We also do not carry out ADHD assessments or diagnoses, and do not prescribe medication. If you are in immediate danger, please use the contacts below.

999 — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **SHOUT: text 85258** — Crisis text, 24/7

There is nothing wrong with the wiring.

Hope Therapy & Counselling Services offers neurodivergent-affirming counselling, CBT, compassion focused therapy, coaching, and more — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes therapists experienced in working with ADHD and neurodiversity.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?
month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

ALSO FROM US

The Talk Room Podcast — honest conversations about neurodivergence, mental health, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services is an Organisational Member of the NCPS, covering our counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold professional insurance. We do not carry out ADHD assessments, diagnoses, or prescribe medication — these sit with specialist clinicians. Sessions are confidential, subject to the limited exceptions explained at the outset. Results vary between individuals; we do not guarantee specific outcomes.