

Autism and ADHD Support for Adults (18+) in Suffolk

A print-ready resource for professionals. Please use this document to signpost individuals to Autism/ADHD support services for adults in Suffolk.

Service name	Provider	Description of service	Age range	Contact details
NSFT Suffolk Adult ADHD Service	Norfolk and Suffolk NHS Foundation Trust (NSFT)	We offer diagnostic assessment for ADHD, for those people who meet the criteria for the service, alongside initiating medication - where appropriate - following a diagnosis of ADHD made by our service. • We offer annual reviews of ADHD care and treatment for those people under our service, or those referred in from other NHS ADHD services • We offer support & advice to other NSFT teams as well as wider healthcare colleagues in relation to ADHD referral and treatment • We offer medication assessment/ review appointments for those people with an existing NHS diagnosis wishing to start / restart treatment, who are not under a Right to Choose provider.	18+	Contact form: https://forms.nsft.nhs.uk/contactus-adultadhd/ Email: hello.suffolkadultadhd@nsft.nhs.uk Phone: 01473 279200 or 01286 733188 Website: nsft.nhs.uk/service-details/service/adult-adhd-suffolk-east-west-168/

Service name	Provider	Description of service	Age range	Contact details
NSFT Suffolk Adult Autism Diagnosis Service	Norfolk and Suffolk NHS Foundation Trust (NSFT)	• We offer diagnostic assessment for Autism Spectrum Disorder for those who meet the criteria for the service. • We offer assessment for autism and an outcome appointment. • We offer signposting post-outcome and resources when a diagnosis of autism is agreed. • We offer support and advice to other NSFT teams in relation to autism referral and support including reasonable adjustments, signposting and learning opportunities.	18+	Contact details: call 01449 745200 option 3 Email: autism-diagnosis-service@nsft.nhs.uk Website: nsft.nhs.uk/autism/service/adults-autism-diagnostic-service-for-suffolk-adss-132/
NSFT Recovery College	Norfolk and Suffolk NHS Foundation Trust (NSFT)	Provides psycho-educational tools and strategies adapted for ADHD, Autism and Mental Health. They are delivered with lived and learned experience of mental health and wellbeing.	18+	Email: Recovery.College@nsft.nhs.uk Website: www.nsft.nhs.uk/about-recovery-college
Wellbeing Suffolk	NHS Suffolk Talking Therapies	Provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.	16+	Call: 0300 123 1503 Website: wellbeingnands.co.uk/suffolk/
Adult Social Care – Customer First	Suffolk County Council	Offer information, advice, guidance and support.	18+ or 16+ for transitions	Call: 0800 917 1109 Website: suffolk.gov.uk/care-and-support-for-adults/how-social-care-can-help/contact-adult-social-care

Service name	Provider	Description of service	Age range	Contact details
Suffolk SEND Local Offer - Autism, ADHD and Neurodevelopment	Suffolk County Council	Provide information, advice, guidance and support for families of children and young people with Special Educational Needs and Disabilities (SEND) in Suffolk.	0 to 25 years	Call: 0345 606 1490 Email: localoffer@suffolk.gov.uk Website: suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment
Autism Anglia	Autism Anglia	Provides care and support to autistic children, adults, & their families in Essex, Suffolk and Norfolk with services such as diagnosis, health, educational, social and financial support.	All ages	Call: 01206 577678 Website: www.autism-anglia.org.uk
Suffolk Family Carers	Suffolk Family Carers	If you are a parent carer or your young person has autism or ADHD, the team offer advice and guidance, workshops and courses, a listening ear, support in hospitals and helping you find time for yourself.	All ages	Call: 01473 835477 Email: hello@suffolkfamilycarers.org Online chat: suffolkfamilycarers.org/about-us/contact-us Website: suffolkfamilycarers.org
Suffolk User Forum	Suffolk User Forum	An independent user led organisation in East and West Suffolk that focuses on giving mental health services users and their family/parent carers a voice to influence change through mental health advocacy, peer support and user involvement	All ages	Call: 01473 907087 Email: hello@suffolkuserforum.co.uk Website: www.suffolkuserforum.co.uk

Service name	Provider	Description of service	Age range	Contact details
Suffolk Mind	Suffolk Mind	Provide advice and support to empower anyone experiencing a mental health problem; helping you to understand your rights, make choices about treatment or reach out to sources of support.	4+	Call: 0300 111 6000 Email: info@suffolkmind.org.uk Website: www.suffolkmind.org.uk
Suffolk SENDIASS	Suffolk SENDIASS	Confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND).	Parents, carers, children and young people up to 25 years with SEND	Call: 01473 265210 Email: enquiries@suffolksendiass.co.uk Website: suffolksendiass.co.uk
Realise Futures	Realise Futures	Offer information, advice, guidance and peer support social group. enhancing people's lives through work placements, employment and training opportunities. Their primary aim is to improve and promote the economic and social wellbeing of those who are disadvantaged and/or disabled, across Suffolk and Norfolk.	19+	Call: Paula on 07738704713 Email: info@realisefutures.org Website: www.realisefutures.org
Suffolk Autism Social Club	Leading Lives	Provides high quality social care support for people with learning disabilities, autism and complex needs. They provide Monthly Autism Club, user lead / facilitated in Ipswich & Bury. A safe space for autistic adults (18+) to socialize and mix.	18+	Email: info@leadinglives.org.uk Call: Boo Dendy on 07717302626 or Jess Braundt on 07860748381 Website: leadinglives.org.uk Suffolk Autism Social Club: leadinglives.org.uk/suffolk-autism-social-club

Service name	Provider	Description of service	Age range	Contact details
Autism and ADHD	Autism and ADHD	A social enterprise designed to support those living or working with Autism or ADHD. Offers practical advice, support and training in all areas that fall under the banner of neurodivergence.	Neurodivergent people, their families, and professionals.	Email: info@autismandadhd.org Website: autismandadhd.org
National Autistic Society	National Autistic Society	Provides Information and advice, Social groups, Outreach, Family support programmes for autistic people and their families.	All ages	Contact: https://www.autism.org.uk/contact-us Website: https://www.autism.org.uk/advice-and-guidance
Autism Central	Autism Central	Offer families education, coaching and connection through resources, one-to-one peer support, and group learning events.	All ages	Email: autismcentral@annafreud.org Website: autismcentral.org.uk
Suffolk InfoLink Community Directory	Suffolk InfoLink	An online directory of community information; local clubs, societies, community and voluntary organisations, childcare providers and services.	All ages	Email: infolink@suffolk.gov.uk Phone: 01473 265265 Website: infolink.suffolk.gov.uk
The Umbrella Hub	The Umbrella Hub	Provides a safe, judgement-free space for women to explore their neurodiversity through creativity, offering wellness-focused sessions designed to support mental, emotional and physical wellbeing. In addition, the Young Women's Group offers a supportive space for younger women to explore their identities, build confidence and form meaningful connections through guided activities and peer-led discussions.	Women and non-binary people navigating neurodivergence.	Email: hello@theumbrellahub.org Website: www.theumbrellahub.org