Mindworks Surrey

BARNARDO'S
Changing childhoods. Changing lives.

OUT OF HOURS ADHD HELPLINE

SUPPORT FOR SURREY PARENTS & CARERS

🕔 5PM TO 11PM

📅 365 DAYS A YEAR

FREE SUPPORT FROM BARNARDO'S SURREY NEURODEVELOPMENTAL SERVICES

Support, advice and guidance for parents and carers of children and young people with ADHD, or who present with ADHD-related behaviours.

✅ No diagnosis required
✅ No referral required
✅ Experienced practitioners available every evening

WE CAN HELP WITH:

🛏️ Sleep difficulties
😊 Emotional regulation
🏫 School anxiety and attendance
👥 Friendships and bullying
📋 Routines and daily structure
⭐ Self-esteem
📱 Screen time
🔄 Managing transitions
⚡ Challenging behaviour

Please call 0300 222 5755.