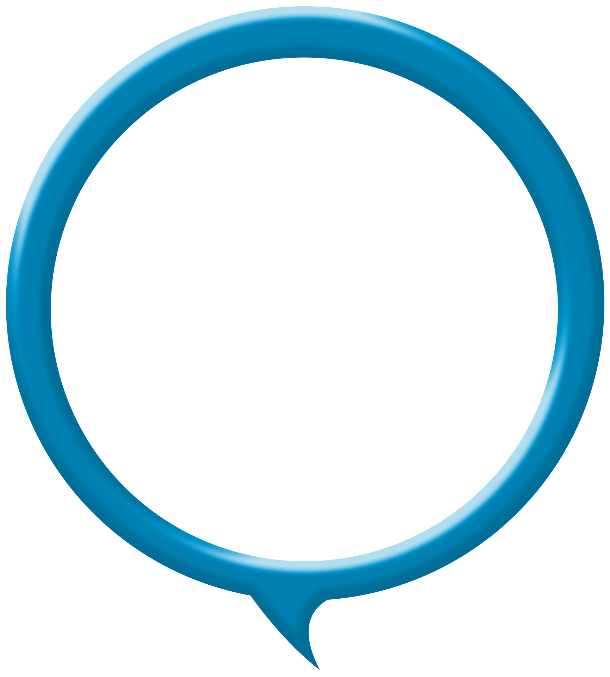
NHS LLR psychological therapies

Information for patients with neurodivergences

Gwendolen House

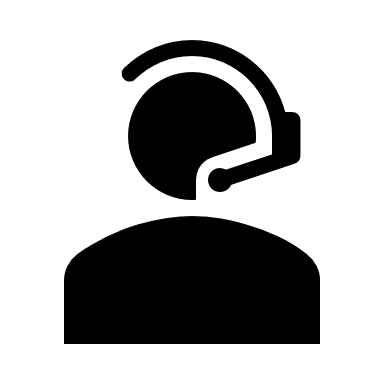
Leicester General Hospital Site

Gwendolen Road

Leicester

LE5 4QF

Free parking is available

 0116 295 6905

Routine operating time :

Monday – Friday 9 am to 5 pm

Welcome to

the psychological therapies team.

* We want to work in partnership with you to improve your psychological wellbeing.
* We provide Cognitive Behavioural Psychotherapy (CBT).

CBT is:

* A proven effective treatment for a range of mood and anxiety disorders.
* Short term, focused, structured, and often challenging.
* You will work jointly with your therapist to:
  + Understand your mental health difficulty
  + Identify what keeps the difficulty going
  + Learn ways to reduce the impact of the difficulty
* You will have the opportunity to learn new skills in your sessions.

***The most important part of your therapy is to practice these skills between therapy sessions.***



Making the most of your therapy:

We understand that for individuals with neurodivergences, for example ADHD, therapy can be more challenging. We want you to get the most out of your therapy.

Spend some time before you start your therapy to identify **what may help you with:**

* Attending your sessions regularly and on time.
* Being able to focus in sessions.
* Remember important information from sessions.
* Complete homework tasks between sessions.
* Bring any written homework to your session.

Consider strategies that such as:

* Getting a new notebook
* A comfortable place to sit without distractions
* Getting into a routine
* Ask someone to help you keep on track
* Visual reminders 

Reasonable adjustments

We can provide reasonable adjustments to help you get the most out of your therapy.

We will provide :

* A patient information leaflet to help you know what to expect during your contact with the service.
* Additional information you may need before you attend your first appointment.
* Information on where we are and how to get to us.
* Consideration of your preference of day and time for your appointment.
* Longer or shorter appointments
* Face to face sessions, and video appointments.
* A waiting room, that is quiet, but you are welcome to wait in the foyer or outside before your session if you prefer.
* Accessible service documents such as coloured paper or large text.
* Assistance with questionnaires that you will be asked to complete.
* Quiet rooms for therapy. We do have occasional alarms that sound, you are welcome to use noise cancelling headphones at these times, and your therapist can move you to a quieter area.
* A summary or key points to take home, or you are welcome to take your own notes in your session.
* Bring to your sessions any items that help you to focus and concentrate such as fidget toy, comfort object or notebook.
* We can alter the lighting in the room if overstimulating for you.
* We will send text messages to remind you about your appointment times.



What I may find difficult :

What may help me:

Suspecting ADHD and/or ASD?

We do not provide assessments, diagnosis, or treatment for neurodivergences. However, if you would like to access an assessment for ADHD and / or ASD, we can provide you with some information that can assist you.

We can provide you with some screening questionnaires to help you consider if your difficulties may be related to neurodivergences.

* Scoring highly on these questionnaires does not mean you have ADHD or ASD, but these tools can help you decide if you would like to request a diagnostic assessment.
* Your GP, or your therapist can refer you to the local Adult ADHD or ASD NHS services.
* You can also request an assessment via the Right to Choose pathway. This often means shorter waiting times for patients.
* You can find information here :

<https://adhduk.co.uk/right-to-choose/>

<https://www.nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/>

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/before-diagnosis/how-to-request-an-autism-assessment>

Resources and organisations

<https://www.cogs-ai.com/nhs-signup>

You can sign up to six months free access to Cogs

The Cogs mobile app supports your mental wellbeing whilst you wait for assessment or after you’ve been discharged.

The app provides you with neurodivergent-specific tools and techniques

<https://www.neurodiversityweek.com/introduction>

For ADHD:

<https://www.nhs.uk/conditions/adhd-adults/>

<https://adhduk.co.uk/support/>

<https://www.additudemag.com/understanding-adhd-insights-challenges-solutions/>

For ASD:

<https://www.nhs.uk/conditions/autism/>

<https://www.autism.org.uk/>

<https://chathealth.nhs.uk/start-a-chat/h/chatautism/>

<https://embrace-autism.com/>

Employment:  
<https://neurodiversityjobs.co.uk/>

<https://lexxic.com/>

Local Support:

<https://services.thejoyapp.com/>

Leaflet no: DMH/PT/ND

Date implemented: July 2025

Last review: July 2025

Review date: July 2027