



For more information...

CONTACT US

01162543011

RECEPTION@RLLR.ORG.UK

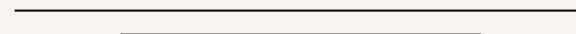
WWW.THERELATIONSHIPSCENTRE.ORG.UK

The Relationships Centre



ADHD SUPPORT

NOW AVAILABLE WITHIN SCHOOLS



ADHD SERVICE

The Relationships Centre Leicestershire (formerly Relate Leicestershire) has designed a service to support children and young people aged 8 to 18, who either suspect they have ADHD (Attention Deficit Hyperactivity Disorder) or have received a diagnosis.

We provide a programme of tailored support for individuals with low to moderate mental health needs associated with ADHD, as well as support for school staff to help manage ADHD-related challenges effectively.

GROUP SESSIONS FOR STUDENTS

A group programme aimed to support young people to understand ADHD and develop coping strategies in managing executive functioning and mental health needs. The programme is tailored to meet the needs of the group.

In order for the programme to be most effective the young people referred to the group will need:

- A referral form to be completed with parent/carers consent
- To be a similar age bracket
- Either all diagnosed with ADHD or all waiting for a diagnosis of ADHD or suspect they have ADHD
- There will need to be a member of school staff present during the delivery of the group sessions.

COURSE DETAILS

3 week programme

For 2-3 young people: £120 per session

For 4-6 young people: £180 per session

1:1 ADHD COACHING FOR STUDENTS

1:1 support for young people with suspected or diagnosed ADHD who require support in developing executive functioning skills, developing coping strategies, and improving self-regulation, focus, and task completion. Alongside psychoeducation and support with low to moderate mental health needs such as anxiety.

A referral will need to be completed with parent/carers consent for young people to access this support.

COACHING DETAILS

Individual student on a single day (up to 1 hour):

£75 per session / £375 total for 5 sessions over 5 weeks

Multiple students seen on the same day:

£60 per session, per student

SCHOOL STAFF WORKSHOPS

This workshop focuses on equipping school staff with practical tools, strategies, and emotional support for managing ADHD-related behaviours and the impact on their mental health challenges within school.

This can be provided to smaller staff groups e.g. SLT, LSAs or around specific difficulties e.g. ADHD with co-existing/overlapping conditions.

COURSE DETAILS

2 hour programme

Max 8 staff members

£250