My support contacts

Who it is for: Anyone planning for themselves or a child. **Time:** about 10 minutes.

What this helps with: Keep everyday, professional and urgent support details easy to find.

6 **One practical action:** Add one person or service you could contact and the specific help you would ask for.

Free to use. No diagnosis, account or screening purchase needed. Skip any prompt.
Keep your copy private and share only what you choose. Nothing is sent to the charity.

A trusted person

Contact / help I can ask for / availability

GP or usual professional

Contact / how to ask for help

Assessment or referral service

Contact / next step

School, work or education

Contact / next step

A charity, peer group or session

Who can attend / cost / confirmed date / joining details / contact

Local urgent support

A crisis contact given by my care team; see urgent help below.

Where to go next: Use Waiting Well to explore support options. Confirm session details with the organiser before making plans.

Urgent help

If you cannot keep yourself or someone else safe, call **999** or go to **A&E**.

More support: matthewlockadhdcharity.com/emergency-contacts | NHS source

Prepared for: Matthew Lock ADHD Charity. Draft content: AI-assisted.
Source and accessibility check: 14 November 2026.
Charity reviewer: pending sign-off. Review status: not yet clinically reviewed.

Guidance: NHS urgent help | Samaritans