One thing to try this week

Who it is for: Adults, young people and families. **Time:** 5 minutes to plan.

What this helps with: Turn one everyday difficulty into a small, realistic experiment.

5 **One practical action:** Pick one change and decide when you will try it.

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.

One moment I want to make easier

My small change and first step

When and where I will try it

One reminder, item or person that could help

My easier version for a difficult day

My check-in

Date / what helped / what was hard / keep, change or stop?

Where to go next: Note what helped in My concerns and strengths, or use the conversation planner to ask for support.

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

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Guidance: NHS adults | NHS children