ISSUE #5 • MENTAL HEALTH & WELLBEING DIGEST

Neurodiversity & Family Wellbeing

Practical resources, specialized guidance, and community support network spotlights.

Welcome to Week 5: This week's edition focuses on neurodiversity support, parental resources, and tailored intervention networks. Navigating specialized support for ADHD, Autism, and Pathological Demand Avoidance (PDA) requires grounded, accessible information—here are five essential organizations leading the way.

ESSENTIAL NEURODIVERSITY SUPPORT NETWORKS

1. How To ADHD

ADHD Education & Strategies

Created by Jessica McCabe, *How To ADHD* serves as an educational video toolbox explaining ADHD traits, executive dysfunction coping strategies, and practical life hacks for adults, parents, and young people.

Visit How To ADHD (howtoadhd.com) →

2. PDA Society

PDA Specialist Charity

The UK's dedicated Pathological Demand Avoidance charity. Provides invaluable guidance on person-centred, non-directive management strategies (PANDA), legal rights in education, and direct peer support lines for families.

Visit PDA Society (pdasociety.org.uk) →

3. Autism Central

NHS-Commissioned Peer Support

Co-produced with autistic individuals and parents, Autism Central provides high-quality education, 1-to-1 peer coaching, and local community group learning events for families across England.

Visit Autism Central (autismcentral.org.uk) →

💡 **Weekly Wellbeing Reflection**

Remember that support looks different for every mind. Embracing accommodations—whether sensory breaks, visual timers, or collaborative demand reduction—builds sustainable home and school environments.

SPECIALIST EDUCATION & FAMILY SUPPORT SERVICES

4. Witherslack Group

SEND Education & Advice

The UK's leading provider of specialist education and care for children with SEN. Offers free webinars, downloadable SEN support packs (covering EHCPs, mental health, and trauma-informed approaches), and the SENsational podcast.

Visit Witherslack Group (witherslackgroup.co.uk) →

5. Capa First Response

Child-to-Parent Aggression Support

A specialized support organization assisting families experiencing Child-to-Parent Aggression (CPA). Provides free weekly practitioner-led online drop-in sessions, parent workshops, and bespoke 1-to-1 consultations.

Visit Capa First Response (capafirstresponse.org) →

QUICK REFERENCE RESOURCE MATRIX

Organization	Primary Focus	Key Offerings
How To ADHD	ADHD Trait Navigation	Video guides, executive function tools
PDA Society	Demand Avoidance	PANDA strategies, helpline, education advice
Autism Central	Autism Peer Coaching	1-to-1 peer support, family learning workshops
Witherslack Group	SEND Education	Free SEN packs, webinars, podcasts
Capa First Response	Family Violence & CPA	Parent drop-ins, 1-to-1 family consultations

"Understanding neurodivergence is not about fixing a person, but about adapting the environment and tools to allow them to thrive."

Notice: This newsletter is for informational purposes. If you or someone in your family requires immediate support, please contact your local healthcare provider or dedicated support lines.