EMAIL TEMPLATE · RESOURCE 01

# Support with assessment

Ask your employer whether they can help with a neurodivergence assessment. Swap anything in square brackets for your own words.

**SUBJECT: SUPPORT REQUEST**

Hi [Manager's name],

I hope you're well.

I have decided to explore the possibility of a neurodivergence assessment (e.g. autism/ADHD), and I understand that some employers are able to support with this - whether that's through helping with funding a private assessment, allowing time off for appointments, or pointing me towards resources.

I wanted to ask whether this might be something we could look into together?

I'm very happy to share more information if that would help, and it would really mean a lot to have your support.

All the best,
[Your name]