

Support Groups (UK + Global)

TL;DR · QUICK SUMMARY

- Peer support groups offer connection, validation and practical tips from people with lived experience.
- Options range from local in-person meetups to large international online communities.
- It's fine to try a few groups before finding ones that feel like a good fit.
- Online groups vary in quality of moderation. Use sensible caution, especially early on.

A Note Before You Read On

This resource offers general guidance and reflects common experience, not professional, legal, medical or financial advice. It is not a substitute for employment law, HR policy, occupational health guidance, or individual professional assessment. Every person's experience of neurodivergence is different, so please adapt anything here to your own situation. The Uniquely Wired Network does not accept liability for decisions, actions or outcomes arising from the use of this material. If you need advice specific to your circumstances, please consult a qualified professional (e.g. HR, legal, medical, or financial advisor).

Organisation names, services and contact details are provided as a starting point and may change over time. Always check an organisation's current website before relying on their services, and use your own judgement when engaging with any community group or provider.

Why This Matters

Connecting with others who understand your experience first-hand can be validating in a way that clinical information alone often isn't.

What This Might Look Like

- Joining a local autism or ADHD meetup group for the first time.
- Finding an online community that finally “gets it” after feeling isolated.
- Deciding a particular group isn't the right fit, and trying a different one instead.

UK-Based Groups

- National Autistic Society: runs a nationwide branch and befriending network; check their services directory for local groups.
- AADD-UK: peer-led adult ADHD support groups across the UK.
- Local NHS trusts and charities often run condition-specific groups. Ask your GP or local ICB for details.
- Workplace-specific ND employee networks, if your organisation has one.

Global & Online Communities

- CHADD (Children and Adults with ADHD): large US-based ADHD organisation with online resources and groups.
- ADDA (Attention Deficit Disorder Association): international adult ADHD support and webinars.
- Autistic Self Advocacy Network (ASAN): autistic-led advocacy and community, US-based with wider reach.
- Moderated online spaces (e.g. Reddit communities, Facebook groups): useful, but vary widely in moderation quality.

Quick Tips

- Try more than one group; fit varies a lot between communities.
- Look for active moderation in online spaces, especially on sensitive topics.
- It's okay to lurk before participating, or to never post at all.
- In-person groups can feel different (and sometimes easier) than online ones, worth trying both.
- Take personal opinions in peer spaces as exactly that, not clinical advice.
- Step back from any group that doesn't feel safe or supportive; you can always find another.

Want to Know More?

- See our companion guide: "Helpful Websites" for organisations' main sites.
- See our companion guide: "Coaches and Specialists" for more structured, professional support.

Before You Go

Finding “your people” can take a little searching; that's a normal part of the process, not a sign you don't belong anywhere.

Connection with others who understand can be genuinely life-changing, whenever you're ready for it.