

Have Your Say on ADHD & Autism Services



**easy
read**



We want to hear from you

We want to know what you think about ADHD and autism services. Your ideas will help us make services better.



Who can take part?

You can take part if you:

- Have ADHD or autism
- Are waiting for an assessment
- Think you may have ADHD or autism
- Care for or support someone with ADHD or autism



What are we asking?

- Services do not always work well together
- Many people wait a long time to get help
- Support is different in different places
- Delays can make life harder, especially at important times (like changing school, starting work or getting older)



Why your voice matters

Your views will help us:

- Find out what works well
- Find where support is missing
- Make services fairer and easier to use



What someone said:

“Living with ADHD or autism can bring both strengths and challenges. By listening to people, we can make changes that improve lives.”



How to get involved

Fill in the survey [here](#) by 31 October 2025

Contact us to find out more:
stw.communications@nhs.net



Your opinion matters

It only takes a few minutes to share your views.

Together, we can make sure services give the right support, at the right time, for everyone.