



Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- Post or Pre-diagnosis
- Online or face-to-face
- Visit: thetoolbox.mindler.co.uk



Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit thetoolbox.mindler.co.uk

Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.

Hertfordshire Neurodiversity Support Offer

Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.

The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: thetoolbox.mindler.co.uk

Support Hub

- **No diagnosis** required to access this support.
- Available to **parents, carers, and professionals.**
- Evening appts available to book.
- **Call or WhatsApp** the team on **01727 833963**

The Toolbox

ONLINE ADHD AND AUTISM SUPPORT FOR CHILDREN AND YOUNG PEOPLE



Find us on thetoolbox.mindler.co.uk