

Right to Choose

Supporting you while you wait for assessment

While you are waiting for your Right to Choose ADHD or Autism assessment there are a range of services you can access for support.

A diagnosis is not required in order to access any of the services below. However, individuals that do have a diagnosis are also welcome to access any of the services below.

Adults

Autism Hampshire

Autism Hampshire lead delivery of the Adult Information Advice and Guidance and community hubs service in collaboration with Hampshire Mind CIC comprising of Andover Mind, Havant and East Hants Mind, Solent Mind and AIM Isle of Wight as the Isle of Wight delivery partner. This service supports autistic adults with the information, guidance, and connections they need to live confidently and independently. Whether you are looking for advice or community support, their services are designed to help you feel understood, informed, and empowered in everyday life.

For online information, advice and resources, please visit:

[How we can help | Autism Hampshire](#)

[Information, Advice & Guidance | Autism Hampshire](#)

As part of [community hubs for adults](#) offer across Hampshire and the Isle of Wight the service will provide welcoming local spaces where autistic and/or ADHD adults can access face-to-face information, advice and guidance, connect with support, and learn about services available in their communities.

The hubs are designed for autistic and/or ADHD adults, including those who may be exploring neurodivergence or waiting for diagnosis and they are located in North Hampshire, South East Hampshire, Southampton and Isle of Wight. In addition, the community hub offer is complemented by the existing service provision in Portsmouth at Room One.

At the hubs, people can:

- access trusted information and advice
- learn about local support and services
- connect with others in the community
- find out about the Autism and ADHD Information, Advice and Guidance (IAG) service

[Room One - Portsmouth City Council](#)

In Portsmouth, this offer is delivered through Room One, an autistic-led community hub for autistic and neurodivergent adults aged 18+ living in the PO1–PO6 area. Managed by autistic people for autistic people, Room One provides a welcoming local space where people can access trusted information, advice and guidance, learn about local support and services, and connect with others in the community. Support is available through a mix of drop-in, one-to-one and peer support sessions, delivered both in person and online, with access to sensory resources, and the space is also used to enable constructive discussions with professionals.

Children and Young People

Hampshire

[Hampshire Neurodiversity and Wellbeing Multi-Disciplinary Team](#)

The Hampshire Neurodiversity and Wellbeing Multi-Disciplinary Team work with families, schools, health teams, and other local services to make sure your child feels understood, included, and supported — at home, in school, and in the community

By providing early, targeted support through a child-centred approach, the service aims to:

- Support parents/carers and professionals in helping children self-manage and maintain good emotional wellbeing.
- Increase everyone's knowledge and understanding of neurodivergence.
- Promote a healthy home and school environment and improve family dynamics

Southampton

[Southampton Neurodiversity Multidisciplinary Team](#)

The Southampton Neurodiversity Multidisciplinary Team aims to increase everyone's knowledge and understanding of neurodivergence.

- Supporting early stages of the new ND pathway
- Therapeutic support and guidance for ND children and young people.

- Capturing the voices of children and young people to help shape the new ND pathway.
- Parent Carer support. Coordinated by the Parent Carer Forum. Supported by Parent Carer groups across the city.

[Southampton Parent Carer Forum](#)

Southampton Parent Carer Forum is parent-led and driven by lived experience.

We:

- Provide 1:1 support and signposting
- Run SEND get-togethers and workshops
- Reduce isolation for parent carers
- Gather parent voice through surveys and conversations
- Work in partnership with education, health and social care
- Influence positive change across Southampton

[Sensory Assists](#)

Sensory Supports is an online resource designed to support schools and families with practical, inclusive sensory strategies that promote the wellbeing and regulation of all children - whether neurodivergent or neurotypical.

We believe sensory needs are universal, and our approach is grounded in the understanding that every child benefits from environments that respect and respond to their sensory experiences.

Isle of Wight

[Isle of Wight Neurodiversity Team](#)

The Isle of Wight Neurodiversity Team offer empathetic, neuro-affirming consultations to parents and professionals, helping them understand and support neurodivergent children through personalised guidance, emotional insight, practical strategies, and collaborative problem-solving across education and care settings.

[Isle of Wight Webinar Offer](#)

The Isle of Wight Neurodiversity Team offers free, neuro-affirming webinars and workshops for parents and carers of children and young people. Topics include understanding ADHD/Autism, behaviour-as-communication, anxiety, and sensory needs. These sessions provide practical strategies and a "safe space" for support.

[Isle of Wight Neurodiversity Team Parent Information Leaflet](#)

The Isle of Wight Neurodiversity Team also offer a series of drop-in sessions for a chat, a cuppa and shared experiences with no booking required.

- 11th June 2026 (9am – 11am) Cowes Family Centre
- 16th July 2026 (9am – 11am) Carisbrooke & Gunville Church
- 16th September 2026 (9am – 11am) Ventnor Family Centre
- 16th October 2026 (9am – 11am) Sandown Family Centre
- 18th November 2026 (9am – 11am) Carisbrooke & Gunville Church
- 13th January 2027 (9am – 11am) Carisbrooke & Gunville Church
- 10th February 2027 (9am – 11am) Carisbrooke & Gunville Church

Portsmouth

[Portsmouth Neurodiversity Team](#)

[Family Assist Neurodiversity](#): Click on the Neurodiversity tab for information developed by the Portsmouth Neurodiversity Team to help signpost parents to useful resources, organisations and services to support them and mirrors the profiling tool that you may have completed.

Neurodiversity Team Clinics

The Neurodiversity team have regular advice clinics at your local family hubs.

- Milton Park Family Hub: 1st Tuesday of every month: 1.30pm-3.30pm
- Paulsgrove Family Hub: 1st Wednesday of every month: 1.30pm-3.30pm
- Buckland Family Hub: 1st Monday of every month: 1.00pm-3.00pm
- Northern Parade Family Hub: 1st Tuesday of every month: 1.00pm-3.00pm

You need to book an appointment.

Please contact the team on 02392 606051 or email:

Neurodiversity0-19Enquiries@portsmouthcc.gov.uk

Other Support Offers

Below is contact information for support if required:

Support for adults:

- Text 'HANTS' to 85258 for free, confidential text support (24/7)
- Call 116 123 to talk to Samaritans, available 24/7

Support for children and young people:

- Childline – call 0800 1111 or use online chat
- Shout – text YM to 85258 (24/7)
- Papyrus HOPELINE247 – call 0800 068 4141 or text 88247

If anyone feels in crisis:

- Call 111 for urgent NHS advice
- Call 999 in an emergency

- Visit [Waiting Well](#) for advice and support for individuals on neurodiversity waiting lists across the UK
- Find out more on the NHS webpages for [ADHD in adults](#) and [ADHD in children](#), and [Autism](#)
- The [National Autistic Society](#) have an online community and a helpful advice and guidance page
- [ADHD UK](#) is a charity run for people with ADHD by people with ADHD
- [Local Autism Directory](#)
- The [Health for Teens website](#) has a broad range of useful health information, including about ADHD and autism. All articles and videos have been developed by trusted NHS school nurses and health and wellbeing experts
- Talk to your GP about self-management strategies, or if you are worried about your or your child's wellbeing.

More information on urgent mental health support can be found [here](#).

Contact Us

Email: hiowicb-hsi.mentalhealthstrategiccommissioning@nhs.net

Website: www.hantsiow.icb.nhs.uk

Follow the Hampshire and Isle of Wight Integrated Care System on: [Facebook](#), [X](#), [LinkedIn](#) and [Instagram](#).