

# Neurodiversity – Supports & Resources

- ADHD Ireland: [www.adhdireland.ie](http://www.adhdireland.ie)
- UMAAP: [www.adhdireland.ie/umaap](http://www.adhdireland.ie/umaap) – Understanding & Managing Adult ADHD Programme, Online/Zoom
- HSE Adult ADHD App ([Google Play](#) & [App Store](#))
- ASPIRE Autism Spectrum Association: [www.aspireireland.ie](http://www.aspireireland.ie)
- As I Am – Ireland's Autism Charity: [www.asiam.ie](http://www.asiam.ie)
- Thriving Autistic – Resources & Supports: [www.thrivingautistic.org](http://www.thrivingautistic.org)
- Dyslexia Ireland: [www.dyslexia.ie](http://www.dyslexia.ie)
- Dyspraxia Ireland: [www.dyspraxia.ie](http://www.dyspraxia.ie)
- Neurodiversity Ireland: [www.neurodiversityireland.com](http://www.neurodiversityireland.com)

**Neurodiversity Celebration Week – Events & Supports:**  
**[www.neurodiversityweek.com](http://www.neurodiversityweek.com)**

This list is not exhaustive, but can serve as a guide for accessing information and supports for Neurodiverse people. If you wish to have a service added to this list, please email Westport FRC:

[admin@westportfrc.ie](mailto:admin@westportfrc.ie)

