



# Access to Work

## Check you're eligible

Aged 16 or over

In paid work, self-employed, internship, or about to start work

## Apply

Online: [www.gov.uk/access-to-work](https://www.gov.uk/access-to-work)

Or by phone: 0800 121 7479

You'll need: National Insurance number, job title, work address, and manager's contact (if employed)

You typically wait 2-8 weeks for a response, but it could be longer.

## Speak to an advisor and get support set up

You'll have a call about how ADHD affects you at work. If needed, a specialist will assess what would help (usually by video). You'll then get a written plan with recommendations. Once approved, you or your employer can arrange or claim the support.

## What can Access to Work Fund

ADHD coaching

Workplace Mentors

Support Workers

Sensory Aids

Travel (depending on eligibility)

Guidance for your employer

Mental Health Support



Reading ADHD Group