



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

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