



Kapella; Our ADHD Support Services

We offer a comprehensive range of ADHD-focused services designed to support individuals, families, and professionals. Our approach is evidence-based, strengths-focused, and tailored to each person's unique needs.

Whether you're seeking clarity through our ADHD Screening Package, practical tools via 1:1 or group coaching, or tailored support through parent and carer sessions, we're here to help. Our services are suitable for children (aged 7+), young people, and adults - with or without a formal diagnosis.

For professionals, we provide CPD-accredited ADHD workshops and consultations, equipping teams with up-to-date knowledge, reflective practice opportunities, and practical strategies to better support neurodivergent individuals.

From early identification to ongoing support and training, we work collaboratively to empower individuals, strengthen relationships, and build inclusive environments across home, education, and community settings.



Online Support



Face-to-face Support



Parent / Carer Support



Support for Professionals

Our Services

ADHD Screening Package

If you're working with someone aged 7 and above, including adults who shows traits like hyperactivity, inattention, impulsivity, or hyperfocus, our ADHD Screening Package offers a quicker, more affordable, and evidence-based way to explore what's happening.

Individual Coaching

Suitable for anyone aged 7 and above, including adults, with or without a formal diagnosis. Our coaching helps attendees to understand their unique brains, build executive function skills such as planning, organisation, time management, working memory, task initiation, focus, self-monitoring, emotional control, impulse control and flexible thinking.

Available 1:1 or in small-groups

Parent & Carer Coaching

Suitable for those supporting children or young people aged 7 and above, with or without a formal diagnosis. Sessions help parents and carers to better understand ADHD, explore how it affects executive function skills (such as planning, organisation, time management, working memory, task initiation, focus, self-monitoring, emotional control, impulse control, and flexible thinking), and develop practical strategies for support at home, in school and in daily life.

Available 1:1 or in small-groups



CPD Workshops for Professionals

We offer high-quality CPD workshops designed to deepen understanding of ADHD and equip professionals with practical tools. Our sessions are grounded in current evidence and lived experience, and are always strengths-based, interactive, and solution-focused. Whether you're looking for a one-off session or a full training programme, we can tailor delivery to your team's needs.

Consultations for Agencies

Our consultation service provides agencies with expert, tailored advice to enhance support for children and young people with ADHD. This includes developing personalised strategies for individuals, guidance on creating effective ADHD support plans, and recommendations for establishing ADHD-friendly environments within your organisation.

Talk to us about tailored support for individuals, families, or professionals, email us at: thinkADHD@kapella.org.uk

Our Costs

Services For Individuals 7+ (children, young people and adults)

Services	Cost
ADHD Screening Package	£170
Additional Qb Check Clinical Report	£50
Coaching	£60 a session
	£200 for 4 sessions
Group Coaching	£400 per 4-week group (£340 per group when booking 3 or more)
1:1 Emotional Regulation / Wellbeing Support or Counselling	£55 a session
	£5,265 for a half day (3 sessions) for 39 weeks
	£7,800 for a full day (5 sessions) for 39 weeks

Services for Parents and Carers

Services	Cost
Coaching	£60 a session
	£200 for 4 sessions
Group Coaching	£600 for 4-week group (£510 per group when booking 3 or more)

Services for Professionals

Services	Cost
3-Hour CPD (max. 20 attendees)	£560
1-Day CPD (max. 20 attendees)	£960
2-Day CPD (max. 20 attendees)	£1,840
Consultation – This may include tailored strategies for supporting an individual young person, guidance on developing effective ADHD support plans, or advice on creating ADHD-friendly environments. Please contact us for pricing thinkADHD@kapella.org.uk	