



Surrey and Borders Partnership  
NHS Foundation Trust

Proud to be part of



Believe in  
children



Barnardo's

The children and young people's emotional  
wellbeing and mental health service

Surrey  
Positive  
Parenting

Celebrating and  
Inspiring  
Children Who Do  
It Differently

Out of Hours  
ADHD  
Helpline

Schools  
ADHD Awareness  
Training

## Barnardo's Surrey Neurodevelopmental Services

**Are you a parent or carer in Surrey of a  
young person who presents with ADHD  
behaviours?**

Pre or post diagnosed

**Our helpline is here to  
support you, no referral  
needed.**

**0300 222 5755**

Free to call, press option 4

**5pm-11pm 365 days**

**Our trained helpline practitioners are able to  
support with a variety of concerns.**

Sleep Concerns

Diet Concerns

School Anxiety

Screen Time Limits

Connections with Family or

Siblings

Dopamine Seeking Behaviours

Routines

Risky Behaviours