UK charity launches free mental health resource for neurodivergent people

Tuesday 31 March, 2026

neurobetter launches with comprehensive Advice Hub, online peer support community, and local services directory — backed by research, shaped by lived experience.

Essex, UK - 31st March 2026 — neurobetter, a UK registered charity, today launches its website: a free, evidence-based resource designed to help neurodivergent people understand and manage their mental health.

An estimated 15–20% of the UK population is neurodivergent, yet many face significant barriers to accessing timely support. As of November 2025, over 526,000 people in England were waiting for an ADHD assessment, with around six in ten waiting more than a year. More than 254,000 were on autism assessment waiting lists, with nine in ten waiting beyond the recommended 13 weeks. Research shows autistic adults face up to an eightfold increased risk of death by suicide, and a 2026 University of Glasgow study found that 93% of adults with ADHD symptoms reported lifetime suicidal thoughts.

neurobetter was founded to address this gap — not with clinical advice, but with clear, compassionate information that helps people make sense of their experiences before reaching crisis point.

What neurobetter offers

The neurobetter Advice Hub provides in-depth guides on more than 20 topics across neurodiversity and mental health, including ADHD, autism, dyslexia, dyspraxia, sensory processing, emotional dysregulation, depression, anxiety, self-harm, and suicide. Each article is grounded in peer-reviewed research and written with the input of people with lived experience.

The website also features:

- **Online Community** – A dedicated peer support space where neurodivergent people can connect, share experiences, and support one another.
- **Local Services Directory** – Covering every region in England and Wales, helping people find hospitals, charities, and specialist providers near them.
- **Ask A Counsellor** – A service where BACP registered counsellors respond to member questions privately.
- **Crisis Signposting** – To organisations including Mind, Samaritans, and NHS emergency services.

Additional content covers practical topics such as getting a diagnosis, understanding the Right to Choose, navigating PIP and Access to Work, managing relationships, parenting, and workplace adjustments.

Why now

The charity was established in response to growing demand for accessible, trustworthy mental health information designed specifically for neurodivergent people. NHS waiting lists for neurodevelopmental assessments have grown dramatically: autism referrals have risen 53% in two years, and new ADHD referrals increased 13.5% in the year to March 2025 alone.

At the same time, the mental health workforce has not kept pace. Only 30% of mental health and learning disability staff feel there are enough people at their organisation to do the job properly — down from 40% in 2020.

neurobetter founder James Inman, a technologist and psychotherapist-in-training, created the charity after his own experiences navigating the system as a late-diagnosed adult.

> Too many neurodivergent people are falling through the cracks — waiting years for a diagnosis, struggling to access the right support, and dealing with mental health challenges in silence. neurobetter exists because we believe understanding should lead to change. We're building a

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> resource that treats people with dignity and gives them the information they need, when they need it — not after a crisis has already happened."

James Inman, Founder, neurobetter

Lucy Owen, Interim Chair of Trustees at neurobetter, said:

> We've spent nearly two years establishing neurobetter as a charity, and I'm proud of the foundation we've built. Our board of Trustees includes people with charity, academic, legal, and medical backgrounds — all with lived experience of neurodivergence. We've engaged thoroughly with the Charity Commission of England and Wales, ensured compliance with the Online Safety Act 2023, and crucially, we have made sure each of our services includes lived experience at its core. That combination of professional rigour and personal understanding drives everything we do.

Looking ahead

neurobetter's immediate priorities are to improve mental health support and develop dedicated crisis support services for neurodivergent people. With research consistently showing that neurodivergent individuals face disproportionately higher rates of mental health crisis, the charity is focused on building services that reach people before, during, and after their most difficult moments.

The charity is also pursuing research partnerships with universities to strengthen the evidence base around neurodivergence and mental health, and offers corporate training to help organisations better understand and support neurodivergent employees.

neurobetter is actively recruiting volunteers to help map local services across England, ensuring the directory reflects what is available in every region. The charity is funded through donations, corporate giving, and grant funding, and is applying for both national grants and locale-specific project funding to expand its reach. neurobetter welcomes partnerships with organisations that share its mission.

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