



Post Diagnostic Support Employee Journey

February 2026.



Post Diagnostic Support (PDS)

This information sheet details what PDS is and what to expect from your sessions.

What is PDS?

Post-diagnostic support is for newly diagnosed ADHD and Autistic individuals and provides a tailored, supportive service through a series of four personalised 1:1 sessions with a neurodivergence experienced clinician.

These sessions are designed to assist individuals in understanding, accepting and feeling empowered by their new diagnosis, while also offering guidance on navigating and reframing any challenges it presents. The clinician will employ a strengths-based, solution-focused approach, collaborating with each individual to support the development of self-awareness, boost confidence and develop practical skills, all of which are geared towards enhancing their unique strengths and promoting overall wellbeing.

How am I referred for PDS?

During the feedback session of your ADHD or Autism assessment, should a diagnosis be confirmed, your assessor will discuss with you whether post diagnostic support is required and an appropriate next step. If this is agreed, this information will be shared in your final diagnostic report, and you will be referred for the sessions following authorisation from your referrer.

Once your case has been allocated to a neurodivergence experienced clinician, the workplace adjustment coordinators will be in contact with you to book the series of sessions. These are usually delivered in a block (of four sessions), and we find that sessions are most effective when spaced two weeks apart.

- You will receive an email confirmation of your PDS appointments (date and time) and this will include a meeting link (via Teams or Whereby).
- Once appointments are confirmed these appointments will be shared with the original referrer.
- Prior to you attending the PDS sessions, your clinician will have reviewed your diagnostic report so they are already aware of some of your strengths and challenges and what areas of support it may be helpful to focus on.

What happens during my first and subsequent Post Diagnostic Support Sessions?

The clinician will conduct a short ID Check for every call.

During your first introductory session, the clinician will:

- Share general information about your new diagnosis and gain a sense of what you already know through both self-reflection activities and sharing additional information with you.
- Identify goals and areas of support you would like to work on.
- Agree the ground rules that will set the foundation for working together - discuss practicalities like notice for cancellation of a session and confidentiality.

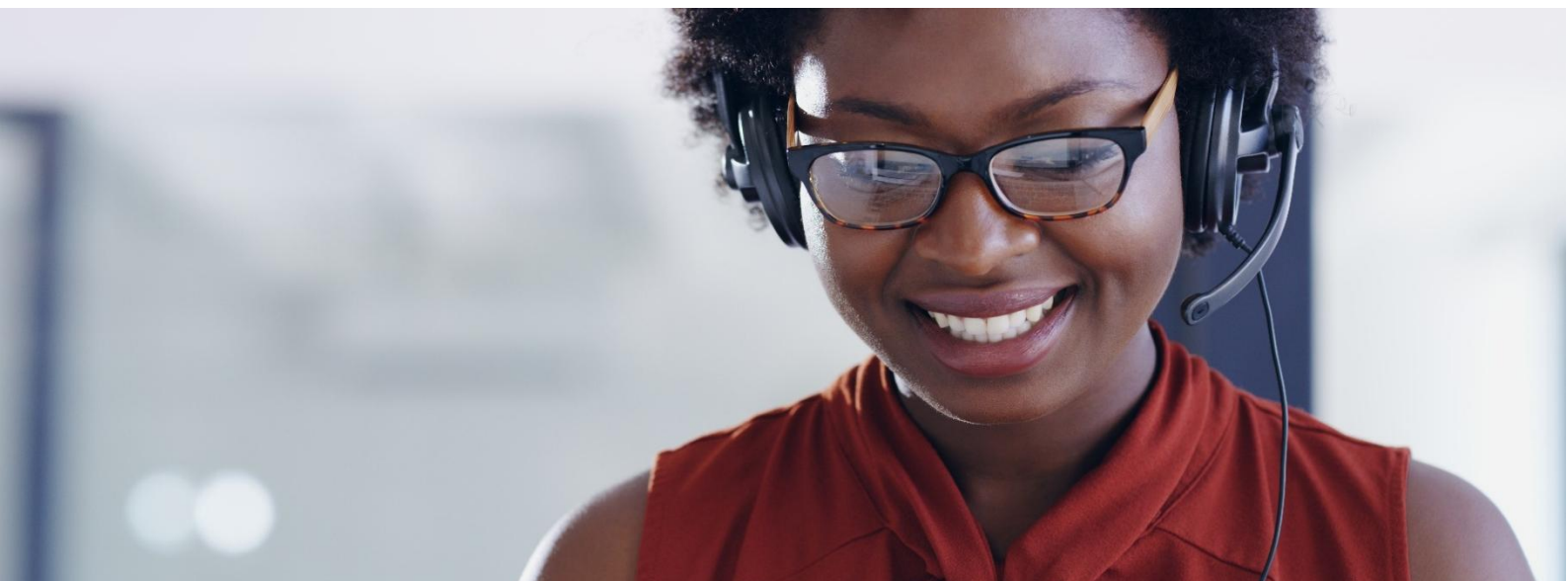
The follow up sessions will likely focus on:

- Information sharing, discussion and practical reflection activities based on the goals set and areas of focus.
- Review of the success any supportive strategies being trialled outside the sessions.
- Resources may be provided to you after sessions if deemed appropriate.

The topics you may wish to focus may include:

- Communication differences
- Emotional regulation
- Masking, burnout and energy conserving
- Sensory processing
- Executive functioning, concentration and planning
- Self-advocacy strategies

After the four sessions, we will send you a summary passport document, highlighting the topics covered and also providing a personalised overview of some of your preferences, strengths and areas you may wish to develop.



Frequently Asked Questions

What if I need to cancel my appointment?

We understand that cancellations may be required. You will receive text reminders 2 days in advance of your appointment, which will prompt you to cancel if required.

Please make sure you cancel any session with at least 48 hours' notice by emailing wpateam@healthpartners.uk.com or calling 01273 013771.

Any late cancellation will be charged as per cancellation policy. Following two consecutive cancellations (under 48 hours policy) or non-attendance, the referrer will be contacted on the case to authorise any future appointments. The referrer will have 5 working days to respond or the appointments will be cancelled.

I would like support in my sessions.

What do I do? If you need specific adjustments such as advocacy, please contact us in advance by emailing wpateam@healthpartners.uk.com or calling 01273 013771.

Is this counselling or coaching?

No, these sessions are not counselling or coaching. While they are supportive in nature, they are not therapeutic. Some goals may be set to guide the focus of the sessions, but the approach is not as structured or goal-driven as coaching. Instead, the sessions centre on education, discussion, and practical reflection to help you better understand your strengths, challenges, and areas of focus following your new diagnosis. Your clinician is not a mental health counsellor or a coach.

I have feedback for my clinician – what can I do?

We want to ensure that your experience with us is the best it can be, therefore if there are any elements you have feedback on, please do get in touch so we can look into this. You can contact us on wpateam@healthpartners.uk.com. At the conclusion of your PDS block, you will also receive a survey which can be used to provide additional feedback.