



The Mensah
Wellbeing
Group



2
0
2
6

The Primary Care Model

Preventative Support & Training Brochure

info@mensahwellbeing.com

www.mensahwellbeing.com



The Problem?

Many people present in primary care with anxiety, low mood, burnout, emotional dysregulation, sleep issues or a general sense of not coping, often repeatedly.

On paper they may appear high functioning but their lives are becoming increasingly unmanageable. All too often, these presentations are unresolved, despite standard interventions.

Between primary care and crisis services sits a large group of patients who:

- Are high masking and outwardly functioning
- Are waiting for assessment or diagnosis
- Are diagnosed but unsupported
- Do not know neurodivergence may be relevant

Why Are Standard Routes Failing?

There exists a missing middle...

A lot of these patients don't meet thresholds for secondary services or they disengage from support that assumes insight, organisation, emotional regulation and self advocacy from the outset.

The issue isn't lack of motivation, rather a lack of support which isn't meeting them where they actually are.

These patients need validation and real understanding, practical support and stability, not just symptom management.



Why Does This Matter?

National guidance highlights the need for:

- Earlier support for ADHD and autism
- Reduced reliance on diagnosis as the only gateway to help
- Better support for adults and families on waiting lists
- More integrated, community based pathways
- A balance of clinical expertise and lived experience insight

How Do We Support GP Practise?

We act as a preventative and stabilising support, helping reduce repeat presentations, escalation of distress and unnecessary crisis referrals.

We're particularly effective for patients who are high masking, chronically overwhelmed, or repeatedly falling through gaps in existing pathways.

What Makes Us Different?

We lead with curiosity, kindness and compassion, combining clinical expertise with lived experience to educate beyond generic training.

Our work focuses on; reducing cognitive and emotional load, improving daily functioning and helping people understand themselves in context, not just treating symptoms in isolation.

We provide the safe space they need, removing the need for a diagnosis, the risk of judgement and being misunderstood.



What's Our Solution?

A dual partnership model supporting both patients and healthcare practitioners.

Our Adult & Parent Navigation Pathways provide in person:

- Coaching, psychoeducation & workshops
- Tools for emotional regulation, executive functioning
- Support for parental wellbeing
- Advocacy tools and confidence building
- Practical strategies for home/school/work
- Resources for the whole family system

Our Practitioner Training & Clinical Support focuses on:

- Recognising ADHD/Autism/AuDHD beyond stereotypes
- Understanding high masking and late identification
- Differentiating stress, anxiety, depression and unmanaged neurodivergence
- Communicating with curiosity, compassion and clarity
- Ongoing coaching and consultation for GP teams
- Space to discuss complex presentations
- Support with decision making around referrals and pathways
- A consistent point of contact for neurodivergent related queries



Why Does This Work?

It acts as a first line, preventative pathway, offering meaningful support before crisis point, in addition to:

- Reducing repeat presentations
- Acting as an early referral option
- Supporting patients who fall below thresholds and those on waiting lists
- Improving patient engagement and satisfaction
- Aligning with preventative care priorities

How Does The Model Partnership Present?

Our partnerships include:

- Training for GP teams on neurodivergent presentations
- Ongoing consultation and support
- Clear referral routes into Navigation Pathways
- Feedback loops to support continuity of care



Additional Ways You Can Work With Us >

First Aid & Mental Health First Aider Training:

- Led by our experienced instructors, with over 20 years training across military, clinical and other high risk settings across the board.
- We provide a large variety of Quallsafe accredited & non-accredited courses, including;

Basic Life Saving Skills – For GP’s

- CPR
- AED
- Choking
- Anaphylaxis
- Talk on Recognising Major Illness; heart attack, stroke etc



Visit www.mensahwellbeing.com/firstaidtrainingcourses for our full list of training courses.



Our Services

Individuals & Families:

- **ADHD, Autism & Combined Assessments**
- **Adult & Parent Neurodivergent Navigation Pathways:** Personalised support for adults and parents, including coaching & workshops. **No diagnosis required.**

Organisations & Professionals:

- **Neurodiversity Training Programmes:** Bespoke practical workshops and training packages for education settings, corporate teams, healthcare practitioners and coaches.
- **First Aid & Mental Health FA Training:** Training courses for organisations of all sizes, led by over 20 years of combined frontline experience across clinical and military settings. (Accredited & Non-Accredited Training Available)
- **Clinical Coaching & Supervision:** Professional development for coaches and healthcare professionals with neurodivergent clients.





Lets Talk!

We would welcome the opportunity to deliver a 20 minute presentation (we are happy to come to you) at your earliest convenience, where we can answer any questions and explore how we can make an impactful positive change together.

P.S. We promise to provide the coffee!

In the meantime, please explore our website to learn what makes us the partnership you need.



-  07799 380 490
-  info@mensahwellbeing.com
-  www.mensahwellbeing.com
-  St Crispins Retail Village, NN5 4DR

**From Us To You-
Check Out Our Handy
Cheat Sheet >>**





Cheat Sheet

Core Terms.

- **Neurodivergent (ND)** – A person whose brain works differently from what society considers “typical” (e.g. ADHD, autism, dyslexia).
- **Neurotypical (NT)** – A person whose brain functions in ways society considers typical.
- **Neurodiversity** – The idea that all brain differences are natural variations, not defects.

Neurodiversity is an umbrella term that includes a wide range of thinking and learning differences.

Some of the most recognised ND conditions include:

Condition	Strengths	Potential Challenges
Attention Deficit Hyperactivity Disorder (ADHD)	Often bring high energy, creativity, and problem solving skills to a team, thriving in dynamic environments.	May struggle with focus, impulsivity, or time management.
Autism Spectrum Disorder (ASD)	Often excel in pattern recognition, deep focus and logical thinking.	May experience sensory sensitivities and prefer structured routines and clear communication.



Important: These are broad characterisations, and every person's experience is unique, so what they experience may differ from expectations and cannot be fully captured in a single description.

Condition	Strengths	Potential Challenges
Dyslexia	Often highly creative and excel in visual thinking and problem solving.	May find reading, spelling and written language challenging.
Dyspraxia	Often excel in strategic thinking, empathy and verbal communication.	May have challenges with motor coordination and organisation.
Dyscalculia	Can be highly skilled in creative and linguistic fields.	Difficulty with numbers, maths and time.
Tourette's Syndrome	Often have high levels of focus and strong verbal abilities.	Tourette's is characterised by involuntary movements or sounds (tics).
Obsessive Compulsive Disorder (OCD)	Often have strong attention to detail, deep analytical thinking and persistence.	May struggle with repetitive thoughts or behaviours.
Pathological Demand Avoidance (PDA)	Often excel in creative thinking, negotiation, and adaptability when given the right support.	PDA is a profile within autism where individuals experience a high need for autonomy and struggle with direct demands.
Auditory Processing Disorder (APD)	Often excel in visual and hands-on learning.	Difficulty processing verbal information in noisy environments



Brain & Behaviour Terms:

- **Executive Dysfunction** – Difficulty starting, organising, prioritising or finishing tasks.
- **Hyperfocus** – Intense focus on one thing, often losing track of time or surroundings.
- **Time Blindness** – Difficulty sensing or managing time.
- **Emotional Dysregulation** – Strong emotions that are hard to control or calm.
- **Task Paralysis** – Feeling mentally stuck and unable to start a task.

Sensory & Social Terms:

- **Sensory Sensitivity** – Being extra sensitive to sound, light, textures, smells, or touch.
- **Sensory Overload** – When too much sensory input becomes overwhelming.
- **Stimming** – Repetitive movements or sounds that help regulate emotions or sensory input.
- **Masking** – Hiding neurodivergent traits to fit in socially (often exhausting).

Identity & Language:

- **Self-identifying** – Recognising yourself as neurodivergent without a formal diagnosis.
- **Late-diagnosed** – Receiving a diagnosis in adulthood.
- **Lived Experience** – Knowledge gained from personally experiencing something, not from textbooks.