

Neurodiversity support at Peppy

Peppy’s Neurodiversity Support Programme sits within our Healthy Minds service, which underpins all our areas of support – from menopause and fertility to pregnancy & parenthood, men’s health, and women’s health.


All users can access expert-led neurodiversity resources and guidance through the app. One-to-one neurodiversity support calls are available for users who have access to the relevant verticals (e.g., men’s or women’s health), ensuring personalised guidance is targeted to where it can be most effective.

The programme is designed for individuals who are neurodivergent or exploring their neurological differences. Through Peppy’s trusted app, users gain accessible, practical content to better understand themselves and navigate appropriate support pathways.



What's included


Peppy connects employees to specialist clinicians, offering personalised and ongoing support.

**Expert-curated content**

All materials are carefully selected and reviewed by qualified counsellors, ensuring accuracy, sensitivity, and practical value.

Content is delivered through:

- Educational videos with clear, accessible explanations
- In-depth articles covering key topics
- Interactive webinars featuring specialist practitioners

**Comprehensive topic coverage**

Autism support series


- Understanding autism: fundamental concepts and characteristics
- Common challenges faced by autistic individuals
- Navigating life without a formal diagnosis
- Preparing for autism assessments: what to expect and how to get ready
- Post-diagnosis support: accessing services and building coping strategies

ADHD support series


- Complete parallel content covering all aspects of ADHD understanding and support
- From initial awareness through to post-diagnosis guidance

Additional Neurodivergent conditions focused content addressing:

- Obsessive Compulsive Disorder (OCD)

**Assessment and screening tools**

- Initial self-assessment questionnaires for ADHD and autism
- Evidence-based screening to help individuals understand whether a full clinical assessment would be beneficial
- Clear guidance on next steps

**Personalised professional support**

- One-to-one support calls with Peppy’s qualified Healthy Minds team (for eligible services)
- Tailored guidance on accessing further assessment and support services
- Practical coping strategies and techniques

Key benefits

For employers:

- ✓ Comprehensive support for neurodivergent employees
- ✓ Reduced need for multiple external referrals
- ✓ Enhanced workplace inclusivity and understanding
- ✓ Support for managers and colleagues
- ✓ Demonstrable commitment to neurodiversity and inclusion

For individuals:

- ✓ Access to reliable, professionally-vetted information
- ✓ Support in understanding their own experiences and needs
- ✓ Clear pathways to formal assessment when appropriate
- ✓ Practical strategies for daily life
- ✓ Reduced anxiety and uncertainty about neurodivergent conditions

Why choose Peppy's neurodiversity support?

This support combines the **convenience and accessibility of digital resources** with the expertise and personal touch of **qualified mental health professionals**. Users receive both the **education** they need to understand neurodivergent conditions and the **individual support** to navigate their personal journey, whether that involves seeking formal diagnosis, developing coping strategies, or simply gaining greater self-awareness.

Peppy’s approach recognises that neurodiversity exists on a spectrum, and that each individual's needs and circumstances are unique. **The programme provides flexible, comprehensive support that meets people wherever they are in their journey of understanding and acceptance.**



Workplace transformation starts here.

Ready to support neurodiversity across your organisation? Get in touch to learn how Peppy can help your employees thrive.

Book a call