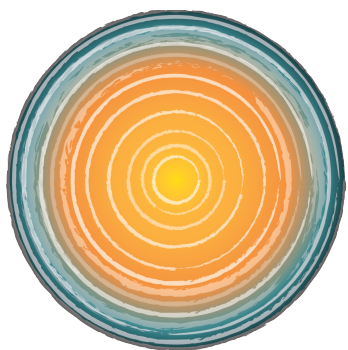




THE VILLAGE NORTHERN BEACHES

At The Village Northern Beaches, we believe that families thrive when supported by an inclusive and informed community. That's why we're sharing this guide to help parents of neurodivergent adolescents (typically age 12+) connect with services, community resources, and one another.

It was developed through a neuro-affirming lens and draws on the lived experiences of neurodivergent people. We prioritise strengths-based resources and do not endorse behavioural approaches such as ABA or PBS, in line with concerns expressed by the autistic community.

Supporting Neurodivergent Adolescents on the Northern Beaches

A Local Guide for Parents and Carers
Inclusive Programs, Advocacy, and Peer Support

What is Neurodivergence?

Neurodivergence includes differences like autism, ADHD, dyslexia, sensory processing challenges and others. These are not problems to be fixed, they are simply different ways of experiencing and engaging with the world.

A Note on Approaches to Support

This guide does not recommend interventions based on ABA (Applied Behaviour Analysis), PBS (Positive Behaviour Support), or other behavioural approaches, in line with concerns expressed by many in the autistic community. Instead, we focus on affirming supports that honour the autonomy and identity of neurodivergent individuals.

Support Starts Here: Getting Started: Assessment & Diagnosis for Adolescents

Public Options:

- CYMHS – Child and Youth Mental Health Service (Northern Beaches)
 - For referrals, speak to your GP or school wellbeing team. Offers mental health and assessment support for youth.
- NSLHD – Community Paediatricians (Northern Sydney Local Health District)
 - Developmental and behavioural assessments for adolescents up to age 18. Referrals accepted via GP, with priority for vulnerable families (e.g. those on healthcare cards or involved with DCJ), Free under Medicare.
- School Counsellors / Learning & Support Teams
 - Public schools can coordinate cognitive or behavioural assessments or support GP referrals to paediatric services. No cost for enrolled students.

Private Clinics (Some offer Medicare rebates or accept NDIS funding):

- [Beaches Brain Clinic](#) — Neuropsychological assessments for adolescents, including ADHD, learning difficulties and autism.
 - [Berry Collective](#) — Multidisciplinary team providing assessments and therapy for teens.
 - [NeuroCare Group](#) — Clinical assessments for ADHD and related concerns.
 - [Child Development Clinic](#) — Comprehensive developmental assessments, including adolescent services.
 - [The Grow Space](#) — Comprehensive support for adolescents including assessments and referrals to ongoing and allied therapies.
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Where to Find Therapy Services for Adolescents

Psychology & Counselling

- [Debra Lawler Psychology](#): Offers psychoeducational, ADHD, and autism assessments and therapy tailored to children and teens. Uses a strengths-based, neurodiversity-affirming approach in a calm, supportive environment.
- [Berry Collective Psychology](#) (Mona Vale): Works with adolescents and young adults, including those with ADHD and autism. Uses trauma-informed, person-centred, and strengths-based approaches, described as neurodiversity-affirming.
- [Beaches Brain Clinic](#) (Belrose / North Narrabeen): Provides comprehensive neuropsychological assessments and therapy for adolescents (and adults). Staff trained in clinical neuropsychology, focusing on cognitive strengths and needs.
- [Northern Beaches Psychology & Assessment](#) (Manly): Local team offering assessments and therapy for ADHD, autism screening, learning differences, anxiety, and adolescence-specific support. Emphasises warm, empathetic, inclusive care and evidence-based strategies
- [Stephanie Morse](#) Clinical Psychology: Autism, anxiety, emotional regulation; teen friendly.

Occupational Therapy (OT)

- [LEAP Therapies](#) (Frenchs Forest)
Adolescent-friendly OT, speech, physio; school and telehealth options available.
- [Function & Flow Therapy](#)
Provides occupational therapy for clients aged 0–25 across Northern Beaches. Strongly neuro-affirming, meaning sessions respect sensory needs, communication styles, and self-defined goals.
- [Rebound Health](#) – Adolescent OT
Delivers OT for teens experiencing school, executive functioning, sensory or mental health challenges. Provides goal-focused, functional therapy in clinic and mobile home-based options.
- [Sunrise Therapy](#) (Northern Beaches/North Shore)
NDIS-registered OT focused on neurodivergent and mental health support. Works with adolescents using individualised, sensory-informed, and strength-based methods. Provides home and community-based visits.

Speech Pathology

- [Talk-Time Speech Pathology](#)

Support with communication challenges and social interaction for adolescents.

- [TalkShop Speech Pathology](#)

Social communication therapy for teens.

Community, Connection & Peer Support

- [I CAN Network](#)

Autistic-led peer mentoring for teens (online and in-school).

- [Northern Beaches Groove Able](#)

Inclusive discos and events for teens and young adults with disabilities.

- [Northern Beaches Autism Carer Support Group](#)

A support group for carers of a person with Autism or in the diagnosis stage.

- [Reframing Autism](#)

Neurodivergent-led insights and resources.

- [Square Peg Round Whole Podcast](#)

For parents, educators, and neurodivergent teens themselves.

Education & Learning Supports

- [SPELD NSW](#)

Guidance, referrals, and support for learning differences such as dyslexia.

- [Dyslexia Support and Learning](#) (Dee Why)

Offers multisensory structured literacy (Orton–Gillingham method) support for adolescents (up to Year 12).

Wellbeing, Identity & Life Skills

- [Headspace Brookvale](#)

Youth-friendly mental health and wellbeing support (12–25 years).

- [Carer Gateway](#) Ph: 1800 422 737

Support and counselling for parents/carers of neurodivergent teens.

You're Not Alone

Connecting with the right supports can ease the challenges of adolescence. If your teen is neurodivergent, your journey may include advocacy, creativity, and a lot of heart. Reach out, start small, and know that a neuro-affirming community is here.

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