



We help autistic people and those who live, love and work with them, providing a psychology-based support service that's positive, practical and resourceful.

Who we help

We help autistic people and those who live, love and work with them, providing a psychology-based support service that's positive, practical and resourceful.

How we help

We understand the challenges our clients face in their everyday lives. We support them in dealing with these challenges through improving communication and strengthening key relationships, enhancing mental health and wellbeing in the process.

Our range of services are tailored to you and your needs, from one-to-one coaching, therapy or mentoring, to relationship coaching, small group work, supervision and consultancy for organisations.

Our Experience

With over 20 years of professional experience in mental health and extensive life experience of autism we can ensure we fully understand your needs and your strengths, as well the context in which you live and work, in order to provide the best service possible.

“

We are continuing to make good steps forward. This is undoubtedly down to you and all the work we have done together, so thank you!

Nothing is perfect, but I no longer expect it to be, and I have noticed I am actually happy a lot of the time now - I could not have said that a year ago!”

Get in touch

Sarah Pagdin CPsychol AFBPsS

tel: 01925 488 836

mob: 07876 488 110

email: contact@2diverse.co.uk

www: www.2diverse.co.uk