

# Where to find support as a young Adult with a Stammer



## Local Adult Services



### Nottingham City

[www.nottinghamcitycare.nhs.uk/our-services/community-adult-speech-and-language-therapy](http://www.nottinghamcitycare.nhs.uk/our-services/community-adult-speech-and-language-therapy)

### Nottinghamshire County

<https://www.nottinghamshirehealthcare.nhs.uk/speech-and-language-therapy-adults>



[www.pohwer.net](http://www.pohwer.net)



<https://stamma.org/get-help/nottingham-group>

**STAMMA**

[www.stamma.org](http://www.stamma.org)



## Education and work support

### Stammering and the Law – Rights

<https://stamma.org/about-stammering/lawrights>

### STAMMA - Employment Support

<https://stamma.org/get-help/our-support-services/employment-service>

### Stambassadors - People with lived experience

<https://actionforstammeringchildren.org/stambassadors>

### Education and Employment Blog

<https://myplusstudentsclub.com/blog/completing-job-applications-when-you-have-a-stammer/>



### To learn more about Preparation for Adulthood

[www.nottinghamshirehealthcare.nhs.uk/prepforadulthood](http://www.nottinghamshirehealthcare.nhs.uk/prepforadulthood)

**STAMMA**

**Action for  
Stammering  
Children**

**MyPLUS<sup>+</sup>  
STUDENTS'  
CLUB**