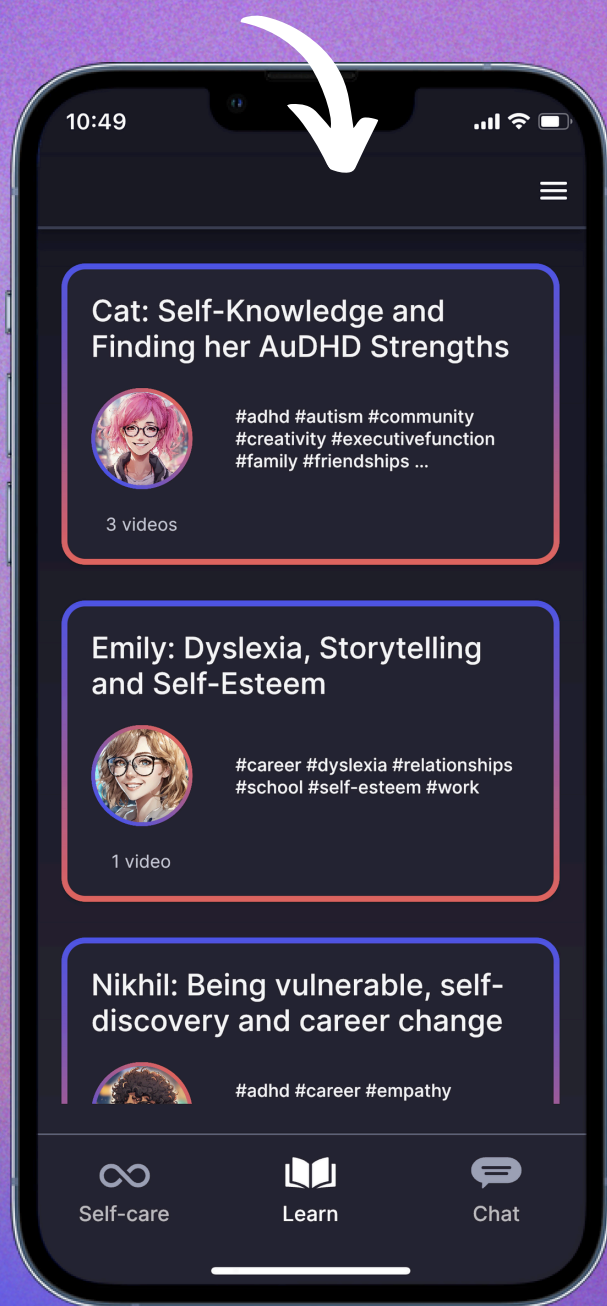




Learn about ADHD
and autism on your phone!



If you are 14 or above, live in
Hertfordshire and:

- Have ADHD (or think you do)
- Are autistic (or think you are)
- Or both

You can now access the Cogs app
for free!

The app helps you understand more
about ADHD and autism and how to
manage them to your advantage.

To find out more and get your free
access, search:

[https://thetoolbox.mindler.co.uk/
hertfordshire](https://thetoolbox.mindler.co.uk/hertfordshire)

Then scroll to the Cogs offer!