



NuGo

A GENTLE GUIDE FOR FAMILIES

A calm place to open when you're not sure what to do next.



NuGo is a practical, neuro-affirming app for parents and carers of neurodivergent children.

Made for real life

For the busy, uncertain and hard-to-explain moments.

Created by a Clinical Psychologist

With care for the experience of families.

Free to download

Available on iPhone and Android.

What you'll find in NuGo

Help Me Now

Simple words and next steps when everything feels like too much.

Understanding patterns

A gentle way to notice what might be happening and what supports your child.

Lock Box

One place to keep important documents and information close by.

Start small

You do not need to use every part of NuGo. Open the part that feels useful today, and leave the rest for another time.



NuGo

GETTING STARTED

There is no right way to use NuGo.

01

Download NuGo

Find NuGo on the App Store or Google Play. It is free to download.

02

Meet it where you are

Choose a feature that matches this moment, whether things are calm or difficult.

03

Keep what helps

Notice the small things that ease the day. Those observations matter.

A helpful boundary

NuGo provides general information and practical support. It does not diagnose, treat, or replace advice from a qualified professional. It is not an emergency service. If someone is at immediate risk, contact emergency services or your local urgent support service.

Ready when you are.

Scan the code to download NuGo, or visit **nugoapp.com**.



Apple: apps.apple.com/us/app/nugo-daily/id6790101033

Google Play: play.google.com/store/apps/details?id=com.rithim.nugo