

## **ADHD support resources**

Below is a list of websites, videos, books, charities and apps that you may find useful to help understand and manage your ADHD.

### **ADHD comics**

- Dani Donovan: <https://www.adhddd.com/>
- ADHD alien: <http://adhd-alien.com/>

### **Articles**

- Attitude magazine (lots of useful articles): <https://www.additudemag.com/>
- Understood (lots of useful articles) eg anxiety and ADHD:  
<https://www.understood.org/en/community-events/blogs/the-inside-track/2016/05/19/my-anxiety-and-adhd-hiding-behind-a-perfect-veneer>
- 50 tips for management: [http://www.hi2u.org.uk/adhd/adhd\\_50tips.html](http://www.hi2u.org.uk/adhd/adhd_50tips.html)
- NICE guidelines on ADHD diagnosis and management:  
<https://www.nice.org.uk/guidance/NG87>
- NHS page on ADHD: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>
- Living with ADHD: <https://aadduk.org/living-with-adhd/>
- ADHD in women: <https://www.verywellmind.com/add-symptoms-in-women-20394>
- ADHD suggested workplace adjustments: <https://chadd.org/for-adults/workplace-issues/>
- ADHD and substance abuse: <https://www.york.gov.uk/DrugAndAlcoholService>
- Supporting students with ADHD: <https://aadduk.org/living-with-adhd/university-college-issues/academicstudy-issues/supporting-students-with-adhd/>

### **Videos**

- 'How to ADHD' youtube channel: [https://www.youtube.com/channel/UC-nPM1\\_kSZf91ZGkcgY\\_95Q](https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q)

- Failing at normal, an ADHD success story:  
<https://www.youtube.com/watch?v=JiwZQNYIGQI>

### **Charities/local support services**

- ADDISS ADHD charity: <http://www.addiss.co.uk/>
- AADD-UK adult ADHD support site: <https://aadduk.org/>
- The National Attention Deficit Disorder Information and Support Service:  
<http://www.addiss.co.uk/>
- List of UK support groups: <https://aadduk.org/help-support/support-groups/>
- ADHD Action: <https://www.adhdaction.org/>
- ADHD UK: <https://adhduk.co.uk/>
- ADHD foundation: <https://www.adhdfoundation.org.uk/>
- MIND: <https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/>
- CHADD: <https://chadd.org/>
- York drug and alcohol service: <https://www.york.gov.uk/DrugAndAlcoholService>
- York University ADHD support:  
<https://www.york.ac.uk/media/studenthome/supportwelfareandhealth/disabilitysupport/documents/ADHD%20Guidance%20for%20Departments%20and%20Students.pdf>

### **Books**

- Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood – by Ed Hallowell and John Ratey
- The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps – Melissa Orlov
- You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder – by Kate Kelly
- Taking Charge of Adult ADHD – by Russell Barkley
- Women with ADHD disorder – by Sari Solden

- Thriving with Adult ADHD: Skills to Strengthen Executive Functioning – by Phil Boissiere
- Order from Chaos, the everyday grind of staying organised with adult ADHD – by Jaclyn Paul

<https://aadduk.org/library/books/>

### **Apps**

- Mint – Manage all your finances in one place, link bank cards to a personalised budget
- Forest – Set focus goals for specific amounts of time, and limit your phone use
- 30/30 – Allows you to set countdown timers for tasks you’re going to do
- Be focused – Split tasks into smaller sections with set breaks, to assist with staying on task and motivation
- Evernote – Allows you to store text, photos and audio notes on your device
- Home routines – Helps with planning/scheduling events
- To-doist – Allows you to prioritize and manage tasks
- Calm – Strategies for mindfulness and meditation (subscription service)
- Headspace - Strategies for mindfulness and meditation (subscription service)
- Sleepio – Sleep improvement programme