



ADHD RESOURCES



ADHD is a lifelong condition that affects the way a person thinks and behaves

Information, Support and Advice:

- National ADHD Information and Support Service - <http://www.addiss.co.uk/>
- The UK ADHD Partnership - <https://www.ukadhd.com/>
- ADHD UK - <https://adhduk.co.uk/>
- The ADHD Foundation - <https://www.adhdfoundation.org.uk/>
- Living with ADHD - <https://www.janssenwithme.co.uk/en-gb/living-with-adhd/home>
- ADDers - <http://www.adders.org/>
- Children and Adults with ADHD (CHADD) - <https://chadd.org/>

Courses, Training and Webinars:

- The ADHD Foundation - <https://www.adhdfoundation.org.uk/resources/>
- University of Derby - "Understanding Autism, Asperger's and ADHD" free course
- Centre for ADHD and Autism Support: Courses and Workshop (fees apply) - <https://adhdandautism.org/services/parent-carer/>
- Nip in the Bud - <https://nipinthebud.org/adhd-in-children/>
- Open University - "Understanding ADHD" free course
- Anna Freud ADHD Podcast - https://www.annafreud.org/parents-and-carers/child-in-mind/?gclid=CjwKCAjwloCSBhAeEiwA3hVo_cirsEnaZQ1CGCmwo6RiVrKlsc0iJJza5I5Z5T1S1_cTE07o6zS8xoCz_UQAvD_BwE
- ADDitude Webinars - <https://www.additudemag.com/tag/webinar/>

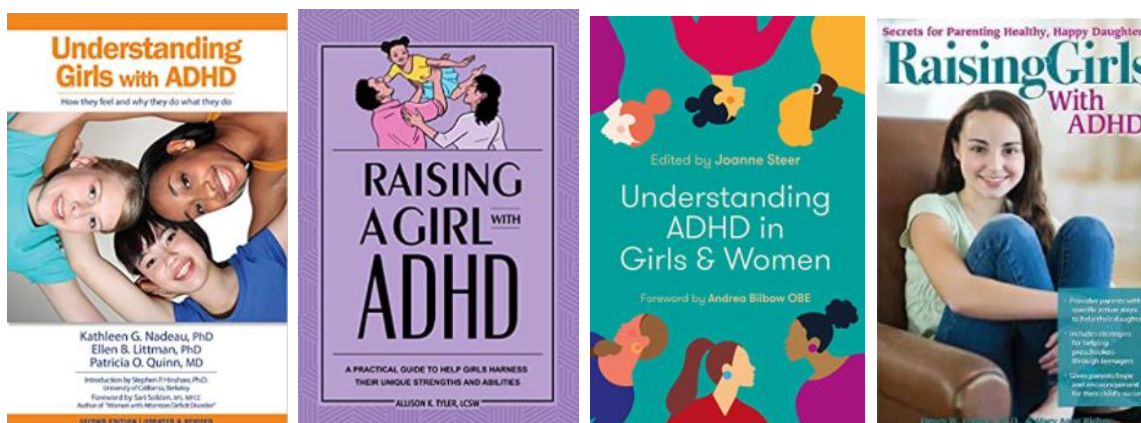
ADHD Apps for Children, Young People and Parents:



Books for Parents/Guardians:



Books for Parents of ADHD Girls:



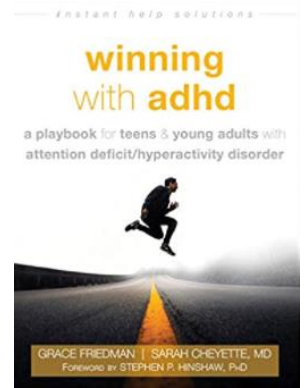
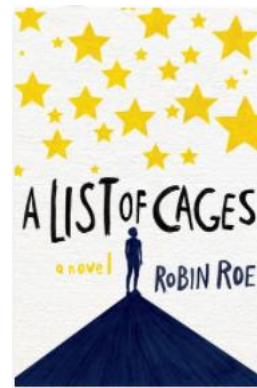
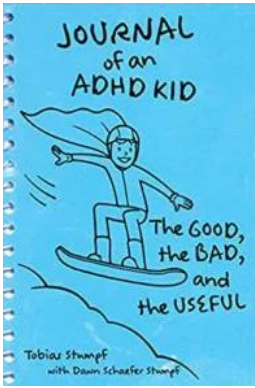


Books for Younger Children:

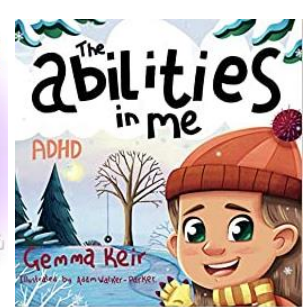
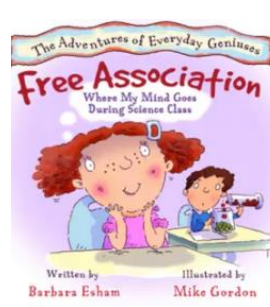
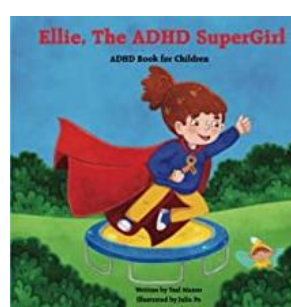
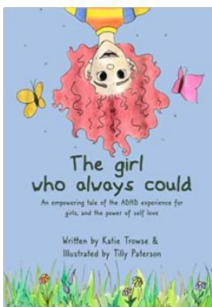


Books for Children/Young People:

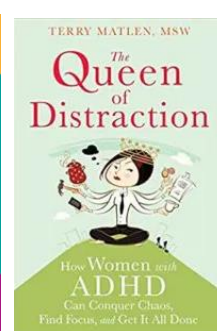
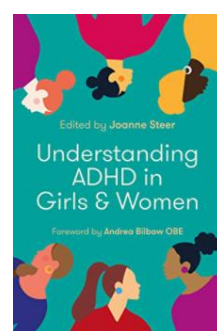
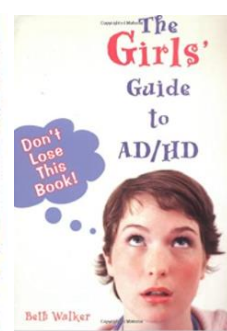
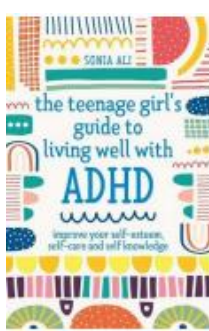
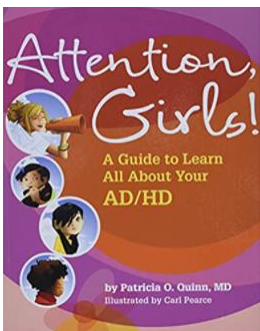




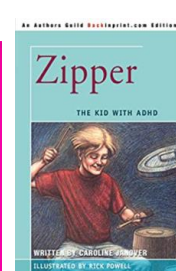
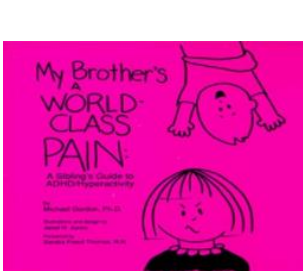
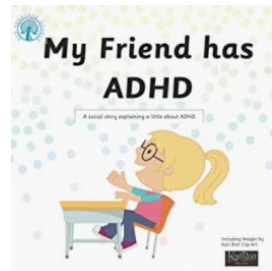
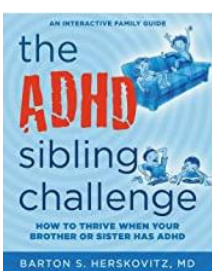
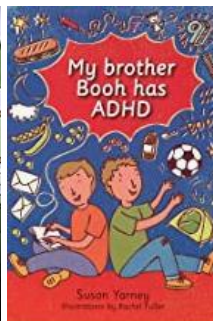
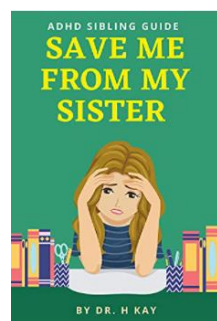
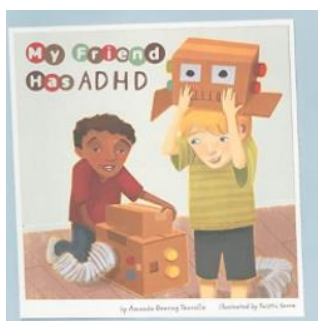
Books for Younger Girls:



Books for Older Girls/Young Women:

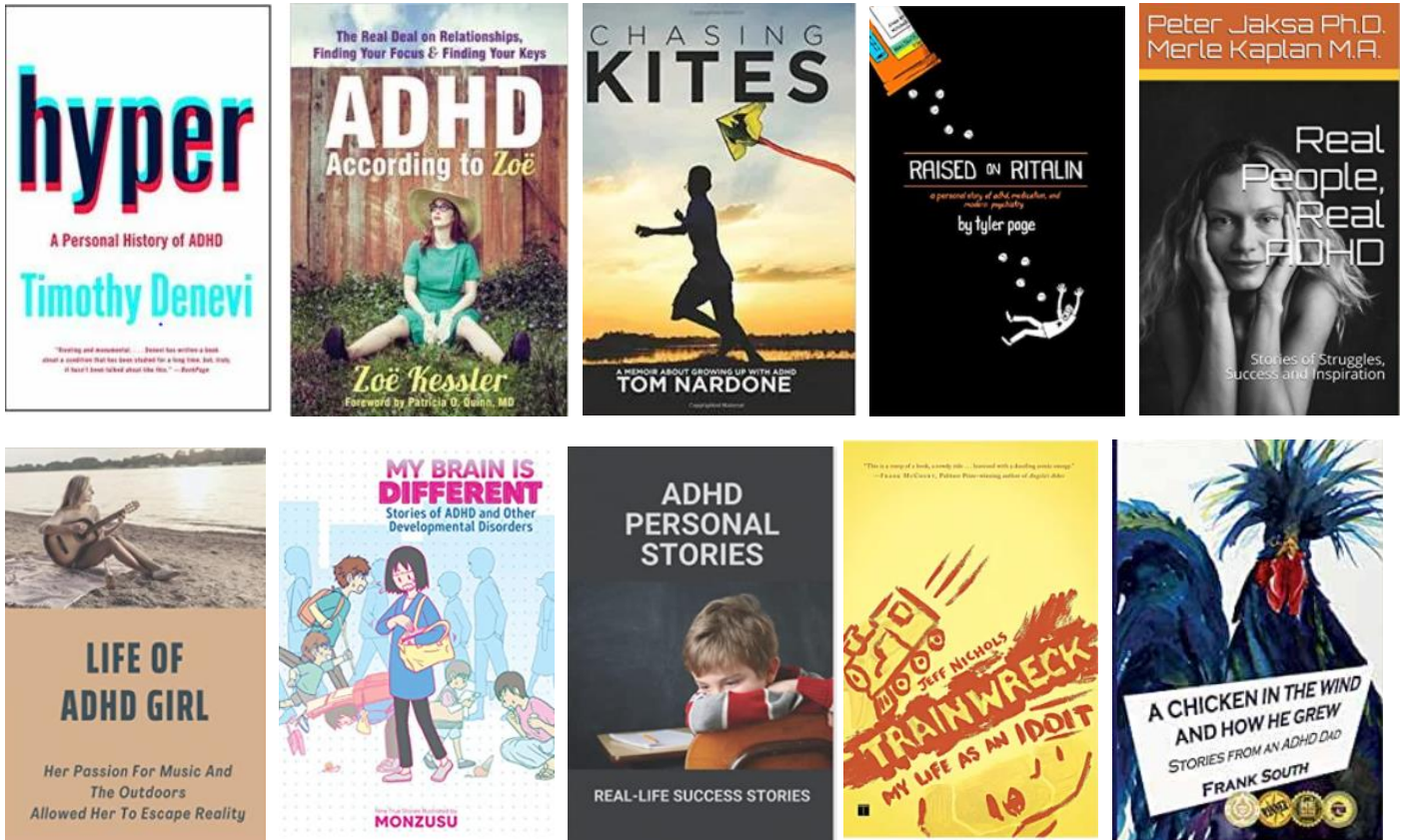


Books for Siblings:





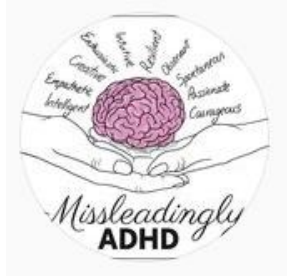
Personal Accounts:



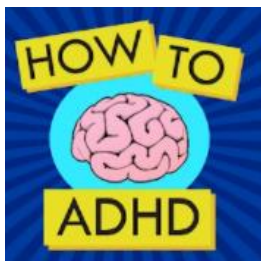
(Some) ADHD Bloggers and Creatives:



Black Girl, Lost Keys



Authentically ADHD



Youtube Account



Glitter Brain



Brain Gangster (Stacey Turis)



Tumblr Blog



Tumblr Blog



Famous People with ADHD:



Will.i.am



Johnny Depp



Emma Watson



Michael Phelps



Justin Timberlake



Simone Biles



Agatha Christie