



ADULT 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/>
- ADDISS - <http://www.addiss.co.uk/>
- UK Adult ADHD Network - <https://www.ukaan.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/>
- Open University - "Understanding ADHD" free course
- ADDitude Webinars - <https://www.additudemag.com/tag/webinar/>

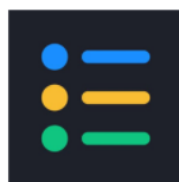
ADHD Apps:



Brain Focus



Bear



Habit Tracker



30/30



Remember the Milk



HomeRoutines



Focus@will



Freedom

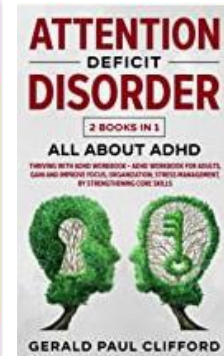
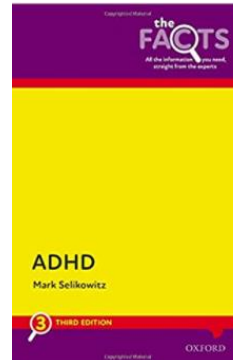
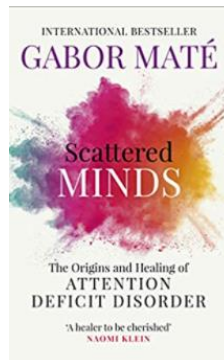
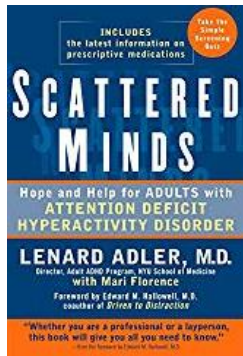
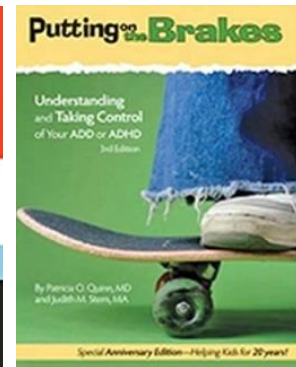
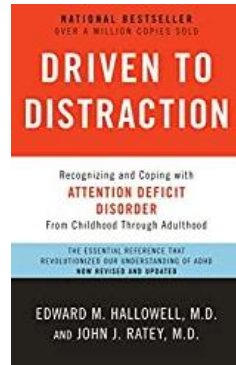
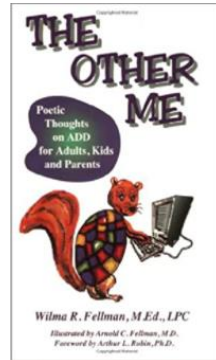
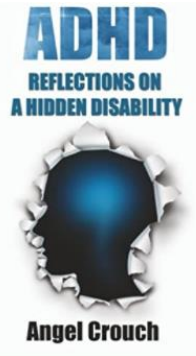
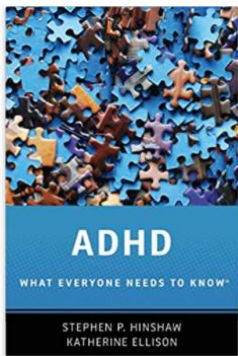


Clear

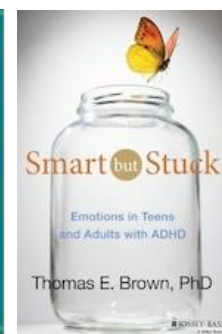
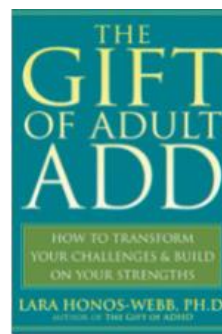
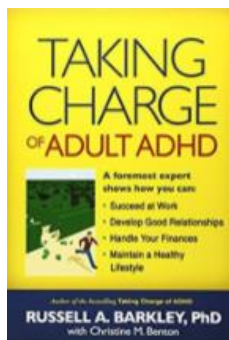
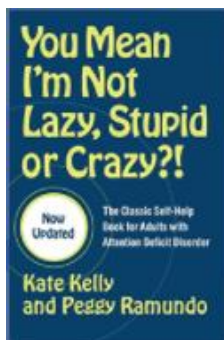
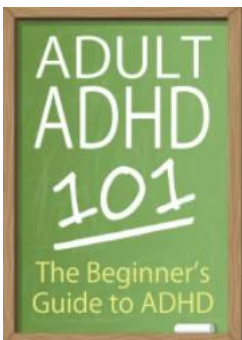


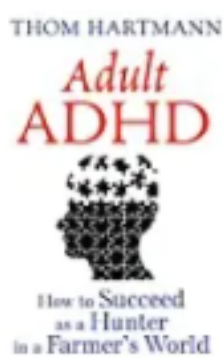
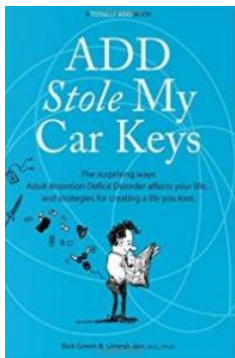
Mindmeister

Books for Understanding ADHD:

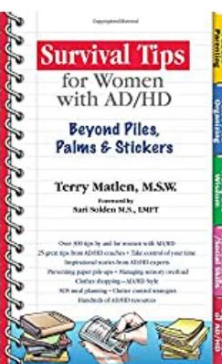
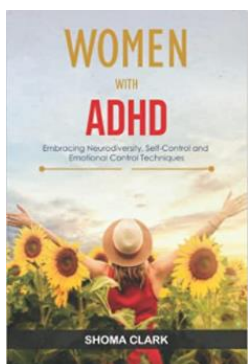
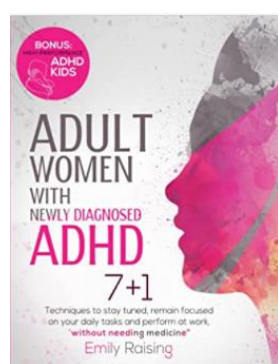
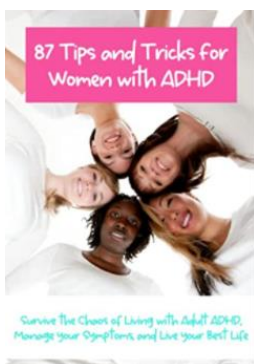
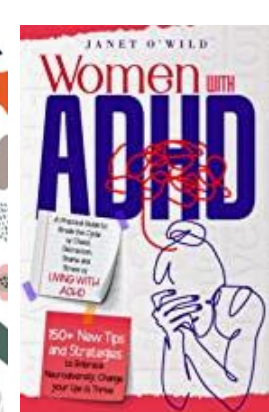
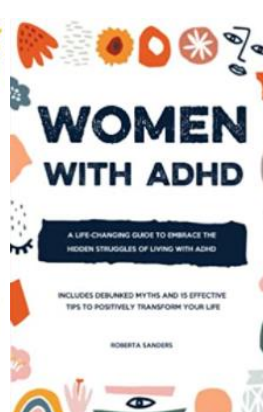
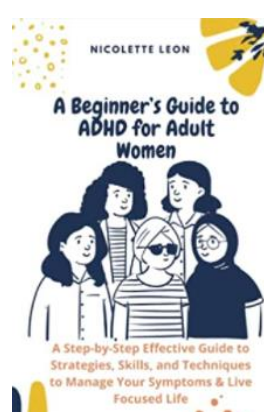
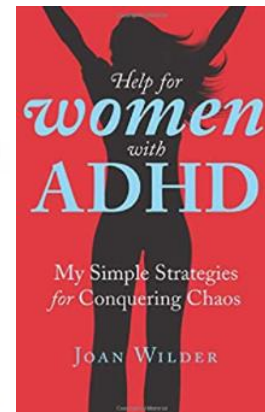
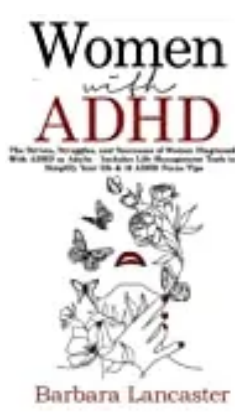
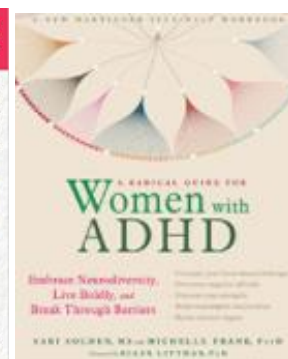
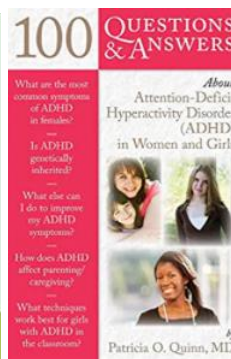
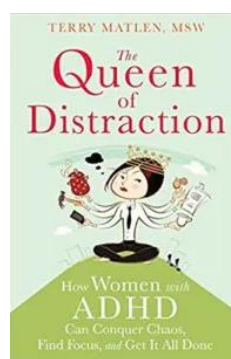
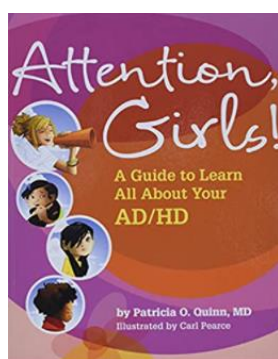
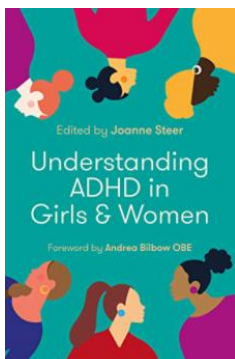


Books about Adult ADHD:



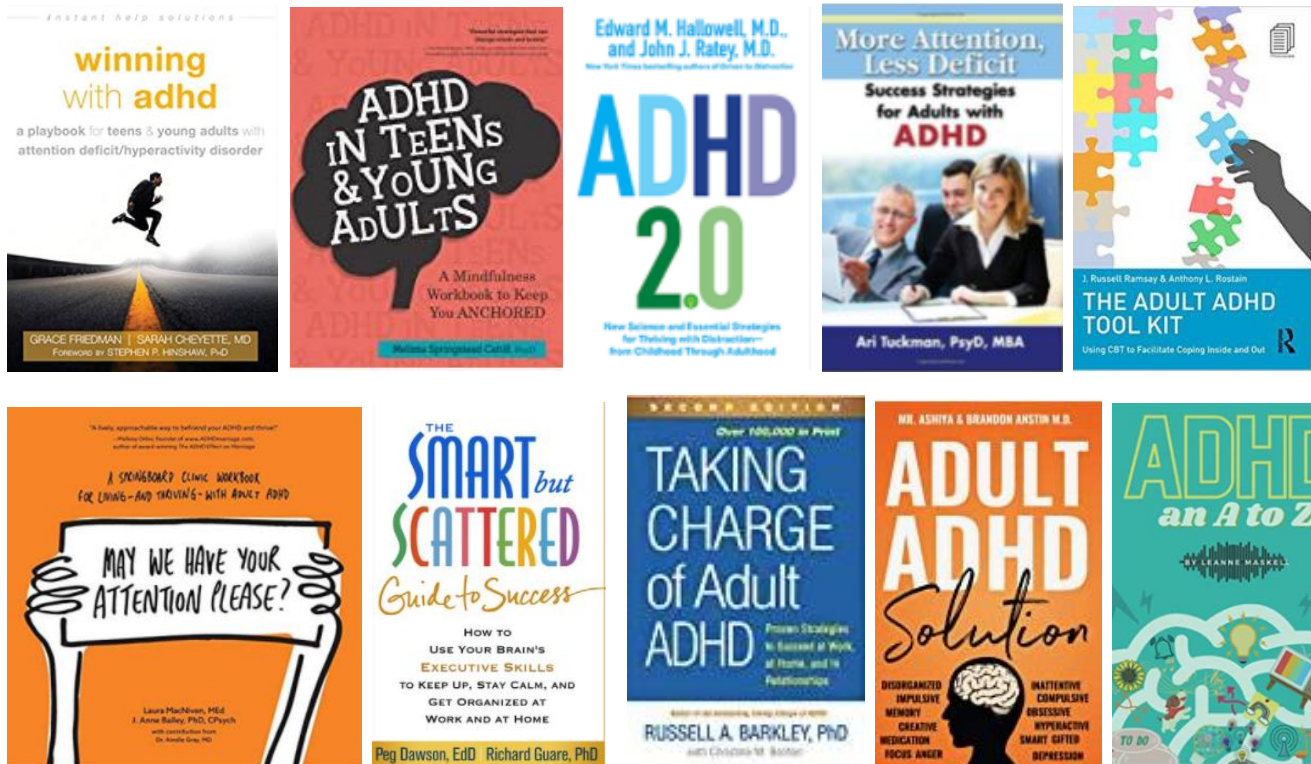


Books for ADHD Women:





Skills Books:



Personal Accounts:





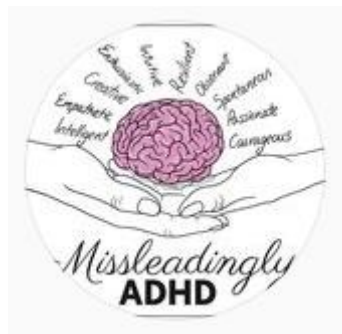
Podcasts:

- Hacking Your ADHD - <https://www.hackingyouradhd.com/>
- ADHD 365 - <https://podcasts.chadd.org/>
- All Things ADHD - <https://podcasts.chadd.org/>
- ADHD reWired - <https://www.adhdrewired.com/podcast/>
- ADHD Experts - <https://www.additudemag.com/tag/webinar/>
- More Attention, Less Deficit - <https://adultadhdbook.com/>
- Adulting with ADHD - <https://adultingwithadhd.com/>
- The Faster Than Normal Podcast - <https://www.fasterthannormal.com/>
- Distraction - <https://www.distractionpodcast.com/category/episodes/>

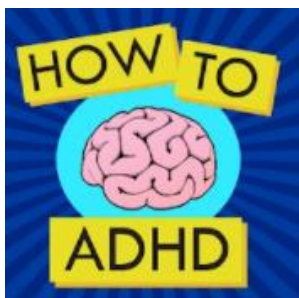
(Some) ADHD Bloggers and Creatives:



Black Girl, Lost Keys



Authentically ADHD



Youtube Account



Glitter Brain



Brain Gangster (Stacey Turis)

Actually ADHD

Tumblr Blog

AD/HD Community

Tumblr Blog



Famous People with ADHD:



Will.i.am



Johnny Depp



Emma Watson



Michael Phelps



Justin Timberlake



Simone Biles



Agatha Christie