

ADHD Support & Information



Websites

ADHD Foundation | www.adhdfoundation.org.uk
ADHD resources and support

ADHD UK | www.adhduk.co.uk
A charity offering information and support on ADHD

Autistic Girls Network | www.autisticgirlsnetwork.org
A charity that raises awareness of autism in women and girls. Their website and Facebook group provide neuroaffirming support and a multitude of resources for all genders, on both autism and ADHD

Social Media

How to ADHD | www.youtube.com/@HowtoADHD
Tips, tricks and insights into the ADHD brain

Chloe Hayden | www.youtube.com/cChloeHaydens
Award winning actress and blogger, autistic ADHDer

Ellie Middleton | www.weareunmasked.com
Autistic and ADHD creator (Instagram, Tiktok and LinkedIn), writer and consultant

Emily Katy | www.authenticallyemily.uk
Autistic and ADHD writer, creator, blogger and mental health nurse

Pete Wharmby | www.petewharmby.com
Autistic and ADHD author and creator

Books

Thriving With ADHD Workbook for Kids | Kelli Miller
Help your child understand and manage their ADHD with engaging workbook full of activities for kids (ages 7 to 12)

The Survival Guide for Kids with ADHD | John F Taylor
This book can help youngsters with ADHD learn practical strategies for managing everyday life (ages 8-12)

All Dogs Have ADHD | Cathy Hoopmann
An inspiring and affectionate look at ADHD, using images and ideas from the canine world to explore a variety of traits (for ages 7+)

Can I Tell You About ADHD?: A Guide for Friends, Families and Professionals | Susan Yarney
A simple introduction to ADHD (age 7-18)

The Teenage Girl's Guide to Living Well with ADHD: Improve Your Self-Esteem, Self-Care and Self Knowledge | Sonia Ali
This positive, self-affirming guide will increase your knowledge about ADHD and empower you in your daily life (for ages 12-17)

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | Dr. Ross Greene
A If you are the parent of a behaviourally challenging child, this book should help you feel more optimistic about and confident in handling your child's difficulties.

The Neurodivergent Friendly Workbook of DBT Skills | Sonny Jane Wise
A workbook of Dialectical Behaviour Therapy skills reframed to be neurodivergent friendly including sensory strategies and managing meltdowns