



Organisation	Website	Offers	For
ADDISS (attention deficit disorder information & support service)	www.addiss.co.uk	Advice, local self-help groups, conferences and literature	Parents and professionals
ADHD foundation	www.adhdfoundation.org.uk	Advice, support, conferences, training and literature	Parents, children, young people and professionals
Living with ADHD	www.livingwithadhd.co.uk	Comprehensive resource for anyone living with or affected by ADHD	Young people, parents and professionals
National Centre for Mental Health (NCMH)	www.ncmh.info/conditions-we-study/attention-deficit-hyperactivity-disorder/	Useful information and videos about ADHD	Young people and parents
Dr Susan Young	https://www.youtube.com/channel/UC_4Y8vebbp_7jOxxH6PGd-g/videos	TOP TIPS videos offering support and ideas	Young people and parents
How to ADHD	https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcg9_95Q	Helpful, well presented videos offering information and ideas	Young people and parents
ADHD Voices	www.adhdvoices.com	Useful information and videos reflecting the child's perspective	Young people, parents and professionals
UK ADHD partnership	www.ukadhd.com	Advice, support, resources	Parents and professionals
Understanding childhood	www.understandingchildhood.net	Advice and literature about pre-school children	Parents and professionals
NHS Choices	www.nhs.uk	Advice about ADHD and related conditions	Parents and professionals
Young Minds	www.youngminds.org.uk	Advice and support about ADHD, anger and emotions. Parent Helpline	Young people and parents
MIND	www.mind.org.uk	Advice and support about mental health, anger and emotions. Helpline	Young people

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Royal College of Psychiatrists	www.rcpsych.ac.uk	Detailed information about ADHD, signs, symptoms and treatment	Young people and parents
For teachers			
Department for Education	www.gov.uk/government/organisations/department-for-education	Advice for teachers supporting pupils with medical conditions	Teachers
Well at School	www.wellatschool.org	Advice for teachers supporting children with medical and mental health conditions while at school	Teachers
Books about ADHD			
Understanding ADHD	Dr Christopher Green and Dr Kit Chee	Very readable book about ADHD and full of practical advice for parents	
1-2-3 Magic	Thomas Phelan	Parenting tips and help, American but recommended by ADHD support groups	
Zak has ADHD	Jenny Leigh	A story book for younger children (6-9) with ADHD	
Why can't Jimmy sit still?	Sandra Tunis	A story about ADHD for younger children with ADHD or their siblings	
Cory Stories	Jeanne Kraus	Cartoon style book about living with a ADHD for 8-12 year olds	
Everything a child needs to know about ADHD	Dr CR Yemula	For 6-12 year olds	
Can I tell you about ADHD?	Susan Yarney	A guide for older children (8-12) and their parents	
Putting the Brakes On: A Young people's Guide to Understanding ADHD	Patricia Quinn and Judith Stern	Young persons guide	
The Survival Guide for Kids with ADHD	John F Taylor	Guide for older children 9+	

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**What's up
with Astra?
Medikidz
explain ADHD**

Dr Kim Chilman Blair

Comic style guide for older
kids and teens

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