

ADHD Resources

General

Websites:

- [AADD-UK](#) - AADD-UK is a site for and by adults with ADHD. Aimed at raising awareness of ADHD in adulthood.
- [ADDA](#) - ADDA is a source for information and resources exclusively for and about adult ADHD. ADDA brings together scientific perspectives and the human experience.
- [Adders](#) - This site aims to promote awareness of ADHD and provide information and practical advice to sufferers and families in the UK and around the world. The site contains a lot of information, downloadable resources and a comprehensive list of local support groups.
- [ADDISS](#) - The National Attention Deficit Disorder Information and Support Service. This site offers information about ADHD, resources and special sections for parents, children, teenagers and professionals.
- [ADHD Foundation](#) - The ADHD Foundation provides services to ADHD sufferers and families in that area. Their website has a lot of information on ADHD.
- [Very Well Mind](#) - Very Well Mind provides health and wellness information by health professionals. Whether you are looking for ways to better manage stress, understand a condition like ADHD, or learn more about guidance available.

Apps (check in your regular app store):

- **Brain Focus Productivity Timer** - An app that allows you to set the duration for your work sessions and breaks, letting the app guide you through improving your processes and avoiding distractions
- **Catch It** - This is an app to help you learn how to manage feelings like anxiety and depression
- **Flora** - An app that may help if you are experiencing difficulty avoiding games and social media. You can set a time goal during which a virtual tree will begin to grow.
- **RescueTime** - An app that is all about making sure that you don't waste too much time on your phone or computer.
- **Sleep Cycle** - An app that tracks sleep with a smart alarm clock, and offers detailed reports on sleep cycles.
- **Sleepio** - This app includes a sleep improvement programme.
- **Todoist** - A free app that helps you create lists and add tasks and keep track of those that you still need to complete.

ADHD and Education

- [Teaching and managing students with ADHD](#) - A booklet for students that have been diagnosed with ADHD
- [Disclosing your ADHD](#) - A booklet on how ADHD can impact education and learning, the strengths that ADHD can bring to education and learning, and your rights in terms of additional support.
- [Student Minds](#) - UK Student mental health charity.

ADHD and Relationships

Websites:

- [ADHD Aware](#) - Online Support Group and guidance on how ADHD can affect relationships and marriage.
- [The Mini ADHD Coach](#) - Guidance on how to handle relationships when you have ADHD.
- [Melissa Orlov's website](#) - Up-to-date resources under "videos and podcasts" specifically around ADHD and marriage.
- [Guidance on Relationships Social Skills](#) - Guidance on living with ADHD, focusing on relationships and social skills.
- [Guidance on Marriage and Partnerships](#) - Guidance on living with ADHD, focusing on marriage and partnerships.

Books:

- 'The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps' by Melissa Orlov
- 'Succeeding with Adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life' by Abigail Levrini

Podcasts:

- [Talk ADHD Podcast](#) - The ADHD Couple podcast

Videos:

- [Tips for Understanding a Partners with ADHD](#)

ADHD and Women

Books:

- 'ADHD Toolkit for Women Workbook and guide to overcome ADHD challenges' by Sarah David and Linda Hill
- 'Women with Attention Deficit Hyperactivity Disorder' by Sari Solden

Podcasts:

- [Women and ADHD a podcast hosted by Dr. Blandine French](#)

Videos:

- [Dr Steph Sarkis talks about the differences in ADHD in Women](#)

ADHD and Work

- [ADHD UK Welfare Pack](#) - A welfare pack to help people with ADHD in the workplace.
- [Access to Work Information Booklet](#) - A work booklet to support people with ADHD and other disabilities access work.
- [Guidance on how to manage an employee with ADHD](#) - Practical tips and a free support plan to support a coworker with ADHD.
- [ADHD Coaching](#) - A tool to address the core symptoms of ADHD through individualised or group assistance and support.