

ADHD Helpful Resources

Finding out more

There are many books, websites and videos that provide information about ADHD and how to manage it.

Books

- “You Mean I am Not Lazy, Stupid or Crazy?” by Kate Kelly. A self-help book for dealing with ADHD
- “Taking Charge of Adult ADHD” by Russell Barkley
- “Driven to Distraction” by Edward Hallowell and John Ratey
- “More Attention, Less Deficit” by Ari Tuckman
- “Adult ADD, The Complete Handbook” by David Sudderth, Joseph Kandel and Georgia Hughes
- “Mastering your Adult ADHD Workbook” by Steven Safren, Susan Sprich, Carol Perlman & Michael Otto

Websites

- ADDISS, the National Attention Deficit Disorder Information and Support Service: a useful voluntary organisation.
Web addiss.co.uk
Call 0269 522 800
Email info@addiss.co.uk
- ADHD UK, was founded in 2020 with a mission to help those affected by ADHD – either those that have the condition or people close to them: family, friends, employers, and co-workers.
Web adhduk.co.uk/
- Opportunities for social connection with other adults with ADHD: add.org/
- A guide to symptoms, signs, and treatments: additudemag.com/adhd-in-adults

Videos

- “How to ADHD” YouTube channel youtube.com/c/howtoadhd
- A series of videos about ADHD: adhduk.co.uk/
- An animation from King’s College London which explains ADHD: youtube.com/watch?v=4r3XWj269_g