



Resources for families with children who have inattention and/or hyperactivity (whilst most discuss “ADHD”, these support resources are appropriate without a diagnosis)

Organisation	Website	Offers	For
ADHD foundation	www.adhdfoundation.org.uk	Advice, support, conferences, training and literature	Parents, children, young people and professionals
Living with ADHD	www.janssenwithme.co.uk/en-gb/living-with-adhd/home	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_7iOxxH6PGd-g/videos	TOP TIPS videos offering support and ideas	Young people and parents
HowtoADHD	https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q	Helpful, well presented videos offering information and ideas	Young people and parents
UK ADHD partnership	www.ukadhd.com	Advice, support, resources	Parents and professionals
NHS Choices	www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/	Advice about ADHD and related conditions	Parents and professionals
Royal College of Psychiatrists	www.rcpsych.ac.uk	Detailed information about ADHD, signs, symptoms and treatment. Search for “ADHD”)	Young people and parents
ADDISS (attention deficit disorder information & support service)	www.addiss.co.uk	Advice, local self-help groups, conferences and literature	Parents and professionals

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ADHD Voices	www.adhdvoices.com	Useful information and videos reflecting the child's perspective	Young people, 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. Search for "ADHD")	Young people
For teachers			
Organisation	Website	Offers	For
Well at School	www.wellatschool.org	Advice for teachers supporting children with medical and mental health conditions while at school	Teachers
Department for Education	www.gov.uk/government/organisations/department-for-education	Advice for teachers supporting pupils with medical conditions	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+
What's up with Astra?	Dr Kim Chilman	Comic style guide for older kids

**Information about medication used in ADHD
(these are only used when ADHD is confirmed, and other support has been put in place)**

Methylphenidate	https://www.medicinesforchildren.org.uk/medicines/methylphenidate-for-adhd/
Lisdexamfetamine	https://www.medicinesforchildren.org.uk/medicines/lisdexamfetamine-for-adhd/
Atomoxetine	https://www.medicinesforchildren.org.uk/medicines/atomoxetine-for-adhd/
Guanfacine	https://www.medicinesforchildren.org.uk/medicines/guanfacine-for-adhd/