

# ADHD Support & Information



## Websites

**ADHD Foundation** | [adhdfoundation.org.uk](http://adhdfoundation.org.uk)  
ADHD resources and support

**ADHD UK** | [adhduk.co.uk](http://adhduk.co.uk)  
A charity offering information and support on ADHD

**Autistic Girls Network** | [autisticgirlsnetwork.org](http://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** | [youtube.com/@HowtoADHD](https://youtube.com/@HowtoADHD)  
Tips, tricks and insights into the ADHD brain

**Chloe Hayden** | [youtube.com/cChloeHaydens](https://youtube.com/cChloeHaydens)  
Award winning actress and blogger, autistic ADHDer

**Ellie Middleton** | [weareunmasked.com](http://weareunmasked.com)  
Autistic and ADHD creator (Instagram, Tiktok and LinkedIn), writer and consultant

**Emily Katy** | [authenticallyemily.uk](http://authenticallyemily.uk)  
Autistic and ADHD writer, creator, blogger and mental health nurse

**Pete Wharmby** | [petewharmby.com](http://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)

**Your Child is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles** | Heidi Mavir  
An unapologetic, deeply moving manual for parents of neurodivergent children from Heidi Mavir, a late-identified, neurodivergent adult and parent to an autistic/ADHD teenager

**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