

# Supporting Someone with ADHD – Information and Resources

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## Resources

### General information

- ADDitude has a huge amount of informational articles, webinars, and resources for people with ADHD and their loved ones: <https://www.additudemag.com/>
- Neurodivergent Insights includes resources and blogposts from Dr. Megan Anna Neff, Psychologist with ADHD and Autism <https://neurodivergentinsights.com/>
- “How to ADHD” is a Youtube channel offering strategies, information, and personal anecdotes by Jessica McCabe: <https://www.youtube.com/@HowtoADHD>
- “This is what it’s really like to live with ADHD” Ted Talk by Jessica McCabe: [https://www.ted.com/talks/jessica\\_mccabe\\_this\\_is\\_what\\_it\\_s\\_really\\_like\\_to\\_live\\_with\\_adhd\\_jan\\_2017?language=en](https://www.ted.com/talks/jessica_mccabe_this_is_what_it_s_really_like_to_live_with_adhd_jan_2017?language=en)

### Support for loved ones of people with ADHD

- The ADHD Foundation Neurodiversity Charity offers support, skills-building, and education for parents of children with ADHD: <https://www.adhdfoundation.org.uk/services-for-families/>

- ADHD Partners Peer Support Group (meets monthly over Zoom): <https://adhdaware.org.uk/adhd-support-group-meetings/supporting-partners-drop-in-session/>

### **Resources for the workplace**

- Access to Work for people with ADHD: <https://www.adhdfoundation.org.uk/wp-content/uploads/2022/07/ACCESS-TO-WORK.pdf>
- Reasonable adjustments for people with ADHD: <https://adhduk.co.uk/reasonable-adjustments/>

### **Further reading and resources**

- ADHD in women and girls: <https://www.additudemag.com/category/adhd-add/adhd-in-adults/add-women/>
- ADHD and motivation: <https://www.youtube.com/watch?v=OM0Xv0eVGtY>
- ADHD Babes, a support group and information hub for Black women and non-binary people with ADHD: <https://www.adhdbabes.com/>
- ADHD Toolbox for tracking strategies that may work for your loved one: <https://irradiated-monarch-30f.notion.site/My-ADHD-Toolbox-ff5a531aeb90411788d51d1b809a7a5e>
- ADHD Friendly Lifestyle, a podcast about making life more accessible and supportive for people with ADHD: <https://adhdfriendlylifestyle.com/about/>
- Organizing Solutions for People with ADHD: Tips and Tools to Help You Take Charge of Your Life and Get Organized by Susan C. Pinsky, a great book available online and at many book retailers
- “When Parent and Child Both Have ADHD”: <https://childmind.org/article/help-for-parents-with-adhd/>
- “How to Fall Asleep with a Rowdy, Racing ADHD Brain”: <https://www.additudemag.com/how-to-fall-asleep-adhd/>