

Resource Ideas

Websites

The **ADHD Foundation** have an enormous number of resources that you can download.

<https://www.adhdfoundation.org.uk/information/parents/>

UK ADHD provide resources and training and have information about support groups.

<https://www.ukadhd.com/>

ACAMH is a young persons' mental health charity that organizes events and shares podcasts, blogs and journals. <https://www.acamh.org/topic/adhd/>

Young Minds are a charity which provide information aimed at young people, or for parents, to read with their children.

<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/>

National Attention Deficit Disorder Information and Support Service, ADDISS

www.addis.co.uk

<https://www.additudemag.com/adhd-brain-impulsivity-explained/>

www.additudemag.com

[Recognising ADHD In Children | Nip in the Bud](#)

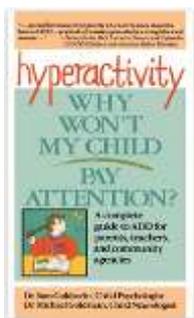
Books and articles

<http://adhdnorthwest.org.uk/miscellaneous-resources/>

Books

Hyperactivity – Why won't my child pay attention

<https://www.amazon.com/Hyperactivity-Why-Wont-Child-Attention/dp/0471530778>



Youtube Videos

Let's talk about ADHD

<https://www.youtube.com/watch?v=YeamHE6Kank>