

# ADHD Support Information

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## **ADHD**

### **ADHD Foundation**

**Web:** [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well-being, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome. We also provide training for GP's, Teachers, Social Care agencies and other professionals, raising awareness to bring about positive change and inclusion in mental health, education and employment.

### **ADDISS**

**Web:** [www.addiss.co.uk](http://www.addiss.co.uk)

ADDIS has a wide range of resources about all aspects of ADHD and associated conditions, with special sections for parents, children, teenagers and professionals.

**Tel:** 020 8952 2800

**Email:** [info@addiss.co.uk](mailto:info@addiss.co.uk)

### **ADHD VOICES**

**Web:** [www.adhdvoices.com/](http://www.adhdvoices.com/)

ADHD Voices brings the perspectives and experiences of children into international debates around rising child psychiatric diagnoses and the increasing use of drugs in child psychiatry.

### **CHADD**

**Web:** <http://www.chadd.org/NRC.aspx>

CHADD is an organisation that provides education, advocacy and support for individuals with ADHD and their families.

### **ADDERS.org**

**Web:** <http://www.adders.org/>

Our objective is to promote awareness to Attention Deficit/Hyperactivity Disorder and to provide information and as much free practical help as we can to sufferers, both adults and children, and their families in the UK and around the World via this website.

### **ADDITUDE**

**Web:** [www.additudemaq.com](http://www.additudemaq.com)

No Judgment. No Guilt. Just ADHD Support and Understanding.

### **NHS Choices**

**Web:** <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

## How To ADHD?

**Web:** <https://howtoadhd.com/>

Have ADHD? Know someone with ADHD? Want to learn more? You're in the right place! We post videos with tips, tricks and insights into the ADHD brain. This channel is my ADHD toolbox — a place to keep all the strategies I've learned about having and living with ADHD. It's also grown into an amazing community of brains (and hearts!) who support and help each other. Anyone looking to learn more about ADHD is welcome here!

Here at How To ADHD we aim to provide a safe, respectful, and welcoming community that help each other out. Whether you are a Brain, a Heart, or simply someone curious about ADHD, don't worry! Everyone is welcome!

## UKAP: The UK ADHD Partnership (Building better lives for children with ADHD)

**Web:** <https://www.ukadhd.com/index.htm>

The UK ADHD Partnership (UKAP) was established in January 2013 by mental health and allied professionals who share an interest in improving outcomes and securing better futures for children and young people affected by Attention Deficit Hyperactivity Disorder (ADHD), together with their carers and families. The Partnership brings together practitioners with a wealth of experience from a range of services who are committed to raising awareness and understanding about ADHD and fostering positive outcomes.

## MENTAL HEALTH / EMOTIONAL SUPPORT AND WELLBEING / BEHAVIOURAL SUPPORT

### The Mental Health Foundation

**Web:** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

We believe it is important to involve the people who use mental health services and their carers in our work. We want to support them to have their say on the way that services are run, as well as to use their experiences to inform our thinking.

### YOUNG MINDS: How can I help my child with ADHD?

**Web:** <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

**Call the Parents Helpline: 0808 802 5544 (Open 9.30am - 4pm on Mondays, Thursdays and Fridays, and 9.30am - 6pm on Tuesdays and Wednesdays.)**

## Parenting Special Children

**Web:** [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

Parenting Special Children's mission is to provide specialist parenting support to parents and carers of children and young people with Special Needs, so that they can create positive change in their lives.

## ADHD support group / All Saints Youth Project

**Web:** <https://www.allsaintsyouthproject.org.uk/adhd-support-group>

All Saints Youth Project is more than just a Youth Club. For over twenty years we have been providing holistic support to young people and their families.

**Contact Details:**

**2 Vicarage Road,**

**Kings Heath,**

**Birmingham**

**B14 7RA**

**Tel: 0121 443 1842**

**Email: [info@asyp.org.uk](mailto:info@asyp.org.uk)**

## SENDIAS Solihull SEND (Special Educational Needs)

**Web:** <https://www.family-action.org.uk/solihullsendias>

Solihull SENDIAS Service aims to:

- Provide information, advice and support to children and young people up to the age of 25 with SEND.
- Provide information, advice and support to the parents/carers of children and young people up to the age of 25 with SEND.
- Provide impartial advice about matters relating to SEND, including issues relating to health and social care.
- Offer support to parents/carers.

**Tel: 0121 516 5173**

**Email: [solihullsendias@family-action.org.uk](mailto:solihullsendias@family-action.org.uk)**