

Suggested Self Help Resources –electronic links version

General information sites and signposting:

[ADHD UK - Homepage - ADHD UK](#)

[ADHD and you | Attention deficit hyperactivity disorder](#)

[ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support \(additudemag.com\)](#)

[Neurodevelopmental Pathways | ThirdSpace](#)

General resource packs:

[ADHD in adults | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Sleep:

[How to Fall Asleep: Common ADHD Problems and Solutions \(additudemag.com\)](#)

Student support:

[Additional Support Needs - Student Information Scotland](#)

[From applications to adaptations: A guide for students with ADHD navigating university](#)

[\(thecompleteuniversityguide.co.uk\)](#)

The University of Cambridge provides guidance to staff on supporting students with ADHD. This guidance is a useful checklist of adaptations and accommodations that might be considered in other educational settings: [Attention Deficit \(Hyperactivity\) Disorder – ADHD | Accessibility and disability services \(cam.ac.uk\)](#)

Support at Work:

ADHD at work Welfare Pack (useful to prompt discussion with employers and Occupational Health clinicians): [ADHD and Work | Welfare Pack to help ADHD in the workplace \(adhduk.co.uk\)](#)

Information on Access to Work: [Access To Work - Support for Disabilities/ Health Conditions \(adhduk.co.uk\)](#)

Peer support:

There are a variety of peer support groups emerging within Social Media. A starting point may be the ADHUK groups, with information here: [Support - ADHD UK](#)