



ADHD resources

Research and facts

- 📖 [Doctor Russel A Barkley, 30 Essential Ideas You Should Know about ADHD, series of lectures by](#)
- 📖 [The ADHD Evidence Project](#)
- 📖 [ADHD Evidence - open source slides](#)
- 📖 [The World Federation of ADHD International Consensus Statement: 208 Evidence-based conclusions about the disorder.](#)
- 📖 [An expert consensus statement taking a lifespan approach providing guidance for the identification and treatment of attention-deficit/ hyperactivity disorder in girls and women.](#)
- 📖 [Recommendations for the transition of patients with ADHD from child to adult healthcare services: a consensus statement from the UK adult ADHD network.](#)
- 📖 [The identification and management of ADHD offenders within the criminal justice system: a consensus statement from the UK Adult ADHD Network and criminal justice agencies.](#)
- 📖 [Guidelines for identification and treatment of individuals with attention deficit/hyperactivity disorder and associated fetal alcohol spectrum disorders based upon expert consensus.](#)
- 📖 [Occupational issues of adults with ADHD.](#)





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Charities and campaigners

- ADHD UK was founded in 2020 with a mission to help those affected by ADHD – either those that have the condition or people close to them: family, friends, employers, and co-workers. It aims to help people navigate their life with ADHD, reduce the stigma that some attach to those with ADHD, build awareness, and undertake or fund research that will have a meaningful positive impact on those with ADHD.
- The National Attention Deficit Disorder Information and Support Service. ADDISS provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance.

Training, coaching, consultancy

- Free2BMe is a UK-wide counselling, psychotherapy and coaching service that connects neurodivergent people needing support with qualified, registered neurodivergent professionals. They also offer consultancy and training for organisations.
- The Quirky Brain Coach: life-changing coaching by a highly qualified neurodivergent coach. Becci's approach is ethical, compassionate and, most importantly, backed up by evidence.





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Videos, blogs and podcasts

- 📖 [How to ADHD](#) is a Youtube channel started by ADHDer Jessica McCabe. You can watch Jessica's ted talk [here](#).
- 📖 [ADHD for Smart Ass Women](#) - Podcast and Facebook community ADHDer Tracy Otsuka.
- 📖 I began my [blog](#) to give productivity tips on freelancing with ADHD. The blog has evolved as my understanding of ADHD and issues around disability have shifted and I now intend to use it as a platform to effect change and hold service-providers accountable.

