



Resources to Help Understand a Diagnosis of ADHD

For Children

- About ADHD - a Guide for Children https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Childrens-Guide_FINAL.pdf
- Video - NCMH - Lets Talk about ADHD – <https://youtu.be/YeamHE6Kank>
- Videos – What it's like to be a child with ADHD and What it's like to be a teen with ADHD (US website) <https://www.adhdchildhood.com/adhd-tools-resources>
- Video - ADHD Explained in 3 minutes - <https://youtu.be/1jCeSCo9rsM>
- Book: Can I Tell You About ADHD? By Susan Yarney
- Book: All Dogs Have ADHD by Kathy Hoopmann
- Book: ADHD and Me by Claire Ryan
- Book: ADHD is Our Superpower by Soli Lazarus

For Young People

- How To Explain ADHD – video for parents/young people https://youtu.be/jhcn1_gsYmg
- ADHD Foundation - A Teenagers Guide to ADHD https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD_Found_Takeda_TeenagerBooklet_April2022_compressed.pdf
- A Young Person's Guide to Thriving with ADHD https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Young-Persons-Guide_FINAL.pdf
- A to Z of ADHD – By People with ADHD for People with ADHD <https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Stories-That-Never-Stand-Still.pdf>
- Videos – What it's like to be a child with ADHD and What it's like to be a teen with ADHD (US website) <https://www.adhdchildhood.com/adhd-tools-resources>
- ADHD and You – information for parents, young people and professionals <https://www.adhdandyou.co.uk/>
- Living with ADHD - information for young people, parents and teachers <https://www.livingwithadhd.co.uk/index.html>
- Videos - How to ADHD - YouTube Channel <https://www.youtube.com/c/HowtoADHD>

For Parents

- ADHD Foundation -Understanding and Supporting my Child's ADHD https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD_FOUND_Takeda_ParentBooklet_May22_2.pdf
- EPIC – Understanding the Strengths and Difficulties of ADHD, A Guide for Parent https://www.ed.ac.uk/sites/default/files/atoms/files/epic_adhd_parents.pdf
- ADHD Quick Fact Sheet - <https://www.adhdfoundation.org.uk/wp-content/uploads/2018/04/ADHD-Fact-Sheet-2018.pdf>
- ADHD and You – information for parents, young people and professionals <https://www.adhdandyou.co.uk/>
- ADHD Foundation - <https://www.adhdfoundation.org.uk/>
- ADHD+ Support (Essex based charity) - <http://www.adhd-support.org.uk/>
- ADDISS - <http://addiss.co.uk/>
- Living with ADHD - information for young people, parents and teachers <https://www.livingwithadhd.co.uk/index.html>

The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.