



# Resources to Help Understand a Diagnosis of ADHD

## For Children

- About ADHD - a Guide for Children [ADHD FOUND Takeda KidsBooklet May22 2.pdf](#) ([adhdfoundation.org.uk](http://adhdfoundation.org.uk))
- ADHD For Kids [https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD\\_ChildrensBooklet\\_London.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD_ChildrensBooklet_London.pdf)
- Video- Amazing Things Project <https://www.youtube.com/watch?v=1t9UHQgtDfU>
- Video- That's Me, I Have ADHD <https://www.youtube.com/watch?v=Y4TELMCf98g>
- Video - NCMH - Lets Talk about ADHD - <https://youtu.be/YeamHE6Kank>
- 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

## For Young People

- How To Explain ADHD - video for parents/young people [https://youtu.be/jhcn1\\_qsYmg](https://youtu.be/jhcn1_qsYmg)
- ADHD Foundation - A Teenagers Guide to ADHD [ADHD TeenagerBooklet\\_London.pdf](#) ([adhdfoundation.org.uk](http://adhdfoundation.org.uk))
- A Young Person's Guide to Thriving with ADHD [A young persons guide to thriving with ADHD.pdf](#) ([adhdandyou.co.uk](http://adhdandyou.co.uk))
- The Mini Coach- how to finally understand yourself and Navigate Life with ADHD- <https://www.theminiadhdcoach.com/adhd-life>
- 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.janssenwithme.co.uk/en-gb/living-with-adhd/home>
- Attention-Deficit/Hyperactivity Disorder in Children and Teens: What You Need to Know <https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-in-children-and-teens-what-you-need-to-know>
- **Video-** How to ADHD - YouTube Channel <https://www.youtube.com/c/HowtoADHD>
- **Video-** What It's Like to be a teen with ADHD (Canadian video) [https://www.youtube.com/watch?v=wgAtTS5q\\_Z8](https://www.youtube.com/watch?v=wgAtTS5q_Z8)

## For Parents

- ADHD Foundation -Understanding and Supporting my Child's ADHD [ADHD ParentPrimaryCareBooklet\\_London.pdf](#) ([adhdfoundation.org.uk](http://adhdfoundation.org.uk))
- 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](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.janssenwithme.co.uk/en-gb/living-with-adhd/home>

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.



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