



Resources to Help Understand a Diagnosis of ADHD

For Children

- About ADHD - A guide for children [ADHD-A-Guide-for-Children.pdf](#)
- I have ADHD ... but what does that mean? [adhd-younger-child-psycho-education-booklet.pdf](#)
- Detectives Ruben and Elena Learn All About ADHD - [ADHD_ChildrensBooklet_London.pdf](#)
- **Video:** Amazing Things Project <https://www.youtube.com/watch?v=1t9UHQgtDfU>
- **Video:** NCMH - Lets Talk about ADHD - <https://youtu.be/YeamHE6Kank>
- **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:** My Amazing ADHD Brain by Emily Snape
- **Book:** ADHD is Our Superpower by Soli Lazarus

For Young People

- A Teenager's Guide to ADHD - [ADHD_TeenagerBooklet_London.pdf](#)
- A Young Persons' Guide to Thriving with ADHD - [A young persons guide to thriving with ADHD.pdf](#)
- ADHD Comics - <https://adhd.com/comics/>
- ADHD and You - A - Z of ADHD - [Stories that never stand still- ADHD Book.pdf](#)
- I have ADHD...But what does this mean? [adhd-teenager-booklet.pdf](#)
- ADHD: [ADHD | Common Health Issues - Young Person | Healthier Together](#)
- **Video:** Inside the ADHD brain [Inside the #ADHD Brain](#)
- **Video:** What is ADHD? [What is ADHD?](#)
- **Video:** ADHD Explained in 3 minutes - <https://youtu.be/1jCeSCo9rsM>
- **Video:** Let's Talk About ADHD: <https://www.youtube.com/watch?v=YeamHE6Kank>
- **Video:** Understanding ADHD: [Understanding Attention Deficit Hyperactivity Disorder \(ADHD\)](#)
- **Book:** Wonderfully Wired Brains: An Introduction to the World of Neurodiversity by Louise Gooding
- **Book:** The Teenage Girl's Guide to Living Well With ADHD by Sonia Ali
- **Book:** ADHD: Rapped Up! By Jamie 'Mr G' Gilbert

For Parents

- 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
- What is ADHD and does my child have it? [What is ADHD and does my child have it? - BBC Parents' Toolkit - BBC Bitesize](#)
- ADHD and You - information for parents, young people and professionals <https://www.adhdandyou.co.uk/>
- ADDISS - <http://addiss.co.uk/>
- Attention-Deficit/Hyperactivity Disorder in Children and Teens: What You Need to Know <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/adhd-2024.pdf>
- Young Minds - ADHD - <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>
- Complete Guide to ADHD - [Parents Guide to ADHD in Children | Child Mind Institute](#)
- Kids UK - ADHD - [ADHD - Signs, Diagnosis, and Support for Parents | Kids](#)
- About ADHD - <https://adhd.co.uk/about-adhd/>
- 3 types of ADHD - <https://www.additudemag.com/3-types-of-adhd/>
- Nip it in the Bud - ADHD: Tips for Parents and Carers - [ADHD: Tips for Parents & Carers | Nip in the Bud](#)

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[Downloadable Survival Guides, Information and Resources from SNAP](#)



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