



Adult ADHD Support

Foundation of non-pharmacological support

- Daily appreciation of strengths: *'What 3 things am I proud of today?'*
- Daily mindfulness: *at least 10mins – Smiling Mind app*
- 4 pillars
 - Good regular food
 - Good sleep
 - Regular exercise: *30mins/day*
 - Resonant breathing: *at least 10mins/day – Breathe2Relax app (balances autonomic systems)*

Good sources of information on recommended ADHD management approaches and strategies can be found here:

On-Line Resources

- ADDiSS (ADHD information services) National Attention Deficit Disorder Information and Support Service. People-friendly information and resources for parents, teachers, sufferers and professionals. Phone line also available 020 8952 2800 www.addiss.co.uk
- AADD-UK site for and by adults with ADHD <https://aadduk.org>
- ADDers - Promotes awareness of ADHD and provide information with as much free practical help to sufferers, both adults and children, and their families www.adders.org
- ADD-vance - a Hertfordshire based charity that supports families affected by ADHD, Autism or a related condition and the professionals who support them. www.add-vance.org
- Royal College of Psychiatrists - information leaflet - ADHD in Adults · <https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>
- ADHD UK <https://adhduk.co.uk/>
- ADHD Foundation The Neurodiversity Charity <https://www.adhdfoundation.org.uk/>
- CBT for ADHD or Coach : BABCP registered CBT therapist list available on: <https://www.bacp.co.uk/search/Therapists>
- Stimuli online self-help programme <https://www.joinstimuli.com/howwehelp>

Self-help Books

- Russel A, Barkley *'Taking Charge of Adult ADHD'* (Guildford Press 2010)
- Mary V. Solanto *'Cognitive - Behavioural Therapy for Adult ADHD'*