

Where to Find ADHD Support



Below is a list of useful contact details for agencies that can support pupils with ADHD.

www.adhdfoundation.org.uk

The ADHD Foundation works with individuals, families and teachers to improve emotional wellbeing, educational attainment, behaviour and life chances of people with ADHD.

<https://www.nimh.nih.gov>

The National Institute of Mental Health offers extensive information on a range of conditions.

www.addiss.co.uk

The National Attention Deficit Disorder Information and Support Service offers useful information, training and updates on the condition.

www.adhdandyou.co.uk

This website supports people with ADHD and their families, including ideas for use in the classroom.

www.livingwithadhd.co.uk

This website offers support and guidance to teenagers, parents and teachers.

www.mentalhealth.org.uk

Find top tips, publications and other support to cope with ADHD, as well as information about getting involved in charitable events.

www.youngminds.org.uk/find-help/conditions/adhd/

Young Minds is a charity for young people's mental health and wellbeing. They provide a parents' helpline as well as real-life blogs.