

Attention Deficit Hyperactivity Disorder Information Sheet

Websites

<u>Website</u>	<u>Description</u>
www.addiss.org	Support group and for information regarding ADHD.
www.aadduk.org	A useful website for made by and for adults with ADHD.
www.hacsg.org.uk	A hyperactive children support group.
www.bit.ly/2myk2S0	HelpGuide.org - Adult ADHD and relationships.
www.bit.ly/2NdY9FS	rcpsych.ac.uk – Information regarding ADHD that you may find useful.
www.additudemag.com	An interesting and positive way of viewing ADHD for children and adults.

Telephone Numbers

<u>Company</u>	<u>Phone Number</u>
The Carers Direct Hotline	0808 8020202

Book References

Some of these may be more or less relevant. There are many books available, however, detailed below are ones we would recommend. We regularly review books on our website www.axia-asd.co.uk.

- Kids in the Syndrome mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More by Martin Kutscher, second edition published by Jessica Kingsley.
- Understanding ADHD: A Parent's Guide to Attention Deficit Hyperactivity Disorder in Children by Dr Christopher Green and Kit Chee (This is a very old book, however, much of its content is still very relevant. The things that will be out of date are issues to do with medication, the diagnostic criteria, for example, this refers to DSM-IV which is now DSM-5, and some of the statistics may be wrong, for example, on page 45 it talks about Autism having a 70% chance of intellectual disability. This figure would now be around 50%. Still a good read!).

Book References - continued

- ADHD: Living without Breaks by Martin Kutscher ISBN: 9781849058162.
- Survival Guide - Kids with ADHD by John F. Taylor.
- Super Emotions - A book for Children with ADD/ADHD by Lionel Lowry IV.
- Step by Step for Children with ADHD by Cathy Laver-Bradbury, Margaret Thompson, Anne Weeks, David Daley and Edmund J S Sonuga-Barke.
- How can I remember all that? By Dr Tracy Packiam Alloway.
- When Young People with Intellectual Disabilities and Autism Hit Puberty by Freddy Jackson and Sarah Brown

There are many books and articles by Russell Barkley, for example:

- Taking Charge of ADHD, Revised Edition: The Complete Authoritative Guide for Parents, published in 2013 by New York Guildford Press.