

# ADHD SELF HELP RESOURCES



## RESOURCES SHEET FOR ADHD

[WWW.WALESPSYCHIATRYCENTRE.COM](http://WWW.WALESPSYCHIATRYCENTRE.COM)

### 1. General ADHD Online support groups:

- AADD-UK online forum  
<http://aadduk.org/forum>

### 2. Money Management and Impulsive Buying

- Money Advice Service [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) Call: 0800 011 3797
- National Debtline [www.nationaldebtline.org](http://www.nationaldebtline.org) Call: 0808 808 4000
- Money Saving Expert [www.moneysavingexpert.com](http://www.moneysavingexpert.com)
- Citizens Advice [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Benefits, financial support, tax credits [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

### 3. Bibliography List

- You mean I'm not Lazy, Stupid or Crazy: A Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly and Peggy Ramundo
- A book by ADD adults for ADD adults, practical help and moral support to adults who are struggling to understand them.
- ADD and Success by Lynn Weiss
- A book about successful people with ADD – “understanding and embracing your ADD character to help you to lead a more enjoyable and productive life”.
- Driven to Distraction by Ed Hallowell & John Ratey
- A book written by two American psychiatrists who themselves have ADHD.
- It's Not Personal!: A Guide to Anger Management by A J Katz
- Managing Anger: Simple Steps to Dealing with Frustration and Threat by Gael Lindenfield
- Overcoming Anger and Irritability by William Davies
- Overcoming Depression: A self-help guide using cognitive-behavioural techniques by Paul Gilbert
- Overcoming Anxiety: A self-help guide using cognitive-behavioural techniques by Helen Kennerley
- Woman with Attention Deficit Disorder by Sari Solden
- What Does Everyone Else Know That I Don't? by Michele Novotni
- The Couple's Guide to Thriving with ADHD by Melissa Orlovand
- The Smart by Scattered Guide to Success by Peg Dawson
- Taking Charge of Adult ADHD by Russell Barkley
- The Mindful Prescription for Adult ADHD by Lidia Zylowska
- Is it You, Me or Adult ADHD? by Gina Pera

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### 4. DVLA Guidelines

<https://www.gov.uk/adhd-and-driving#:~:text=You%20must%20tell%20DVLA%20if,an%20accident%20as%20a%20result>