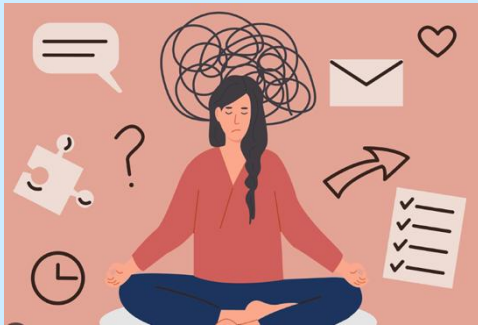


Resources for Women with ADHD

Online

The information hub **ADD-itude** has a wealth of articles, webinars and downloads on many aspects of ADHD. **All material is peer reviewed**, and the creators are all widely respected as leaders in their fields. The articles are short and accessible. They also offer webinars and other online events to support you on your journey. There is a search function on the site to help you find what you need. <https://www.additudemag.com/>



ADHD UK is a charity based in the UK to support adults with ADHD. They are a rich resource of information and support and cover a wide range of relevant topics, from explaining ADHD to how to access assessment or workplace / educational adjustments.

They offer a wide range of online support groups for people with ADHD that are offered on a donation basis and facilitated by well qualified and experienced ADHD coaches.

ADHD and Women Europe arrange free support groups twice a month over zoom for women with ADHD. This is the link to register: <https://adhd-women.eu/support-guidelines/support-groups/>

Understood - www.understood.org is a community where all people who learn and think differently can feel supported. They offer support for ADHD and other learning and thinking differences, like dyslexia and Autism. They have a lot of free resources give people the tools we need to thrive — while helping us understand we're not alone.

Books

A Radical Guide for Women with ADHD; Embrace Neurodiversity, Live boldly, Break Through Barriers by Sari Solden and Michelle Franks.

This is a guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting beliefs that brain differences are character flaws. It blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life.

'It is not a Bloody Trend' Kat Brown. The author cheerfully smashes the stereotypes with scientific evidence, historical context, and practical support for ADHD minds across areas that can cause problems, from finances and work to self-medicating, relationships, hormones and self-esteem.

'Unmasked' and 'How to be You' by Ellie Middleton – the author is a brilliant advocate for the neurodivergent community, late diagnosed with ADHD and Autism at 24 years old. These books empower readers help you make sense of their differences and thrive with inciteful tools and tips.

ADHD 2.0 by Edward Hallowell and John Ratey-the most accessible and up to date neuroscience to explain the brain we have –a short book too which is a bonus!

How to ADHD by Jessica McCabe – written in a very accessible, ADHD friendly format and available on audible too. Very affirming and a rich source of practical support.

My Brain is not broken by Tamara Rosier explains how ADHD affects every aspect of your life. You'll finally understand why you think, feel, and act the way you do. Dr. Rosier applies her years of coaching others to offer you the critical practical tools that can dramatically improve your life and relationships.

Outside the Box: Rethinking ADD/ADHD in Children and Adults: A Practical Guide by expert Thomas E Brown. The book is written in an accessible, even entertaining, way that provides science-based answers to a wide variety of questions about ADHD, its evaluation, and treatment.

Understanding ADHD in Girls and Women - edited by Joanne Steer (UK based) provides comprehensive information about available support parents and women themselves and tips for clinicians and professionals.



Podcasts/youtube

'How to ADHD' is a YouTube channel hosted by Jessica McCabe; short videos -perfectly pitched -a bit 'American' but excellent information. This would be appropriate and helpful to share with young people too. <https://www.youtube.com/c/howtoadhd>

ADHD Chatter Join Alex Partridge LADBible, as he chats all things ADHD with a variety of expert guests. The chats are unfiltered, unedited and unpredictable!
[https://www.youtube.com/@ADHD Chatter Podcast](https://www.youtube.com/@ADHD_Chatter_Podcast)

Tracy Otsuka 'ADHD for Smart Ass Women' is an excellent podcast -maybe a bit 'American' in style, but the information can be trusted, Tracy's research is excellent, and she delivers it in an accessible way. <https://www.tracyotsuka.com/podcast>

Katy Weber – Women and ADHD <https://www.womenandadhd.com> Katy received a late diagnosis of ADHD herself, so she gets it! On her podcast she interviews other women who discovered they have ADHD in adulthood who how to best lean into their strengths, both professionally and personally.

Kate Moryoussef- The ADHD Women's well-being Podcast a source of great wisdom. Kate is an ADHD coach with lived experience and focuses on providing information to help us live well with ADHD. <https://www.coachingbykate.me.uk/adhd-womens-wellbeing-podcast>

All Aboard ADHD with Claire Quigley Ward is a podcast for parents and caregivers navigating the world of ADHD. <https://www.allaboardadhd.com/podcast>