



**The ADD-vantage**  
Specialist ADHD support services  
Great minds think alike, brilliant minds think differently

## Resources for Women with ADHD

### Websites:

The information hub **ADDitude** has a wealth of articles, webinars and downloads on many aspects of ADHD. The contributor's work is all peer reviewed, and they are widely respected as leaders in their fields. This is a very reliable source of information that can be trusted. The articles are short and accessible, they also offer webinars and other online events to support you on your journey. <https://www.additudemag.com/>

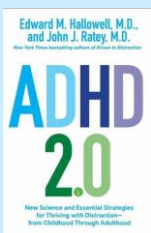
### Support Groups:

**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/>

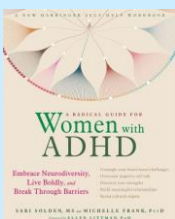
**Together@theADD-vantage'** - I have a monthly chat group 'over zoom - just email me a request and I will add you to the mailing list.

**'The ADD-vantage' Facebook Page** - it is a public business page where I share relevant articles about the female experience of ADHD and try to raise awareness. I have posted a range of videos there too. Within this page there is a closed group that you can request to join if you are a woman with ADHD symptoms. It is quite small, you are welcome to join and follow the page, I put the same content to support women with ADHD in there and invite comment / discussion / questions in that space. I try to post similar information on my Instagram page @theadvantage\_.

### Books

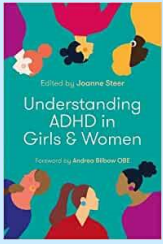


**ADHD 2.0** by Edward Hallowell and John Ratey - the most accessible and up to date neuroscience to explain the brain we have – a short book too which is a bonus!



**'A radical guide for women with ADHD; embrace neurodiversity, live boldly, break through barriers'** is a book by Sari Solden and Michelle Frank. This is 'workbook' style to allow for personal reflection, but you can also just read it. This book spoke to my soul! I saw myself jump off the page-so affirming and uplifting too

PIPPA SIMOU  
RESOURCES/WOMEN/ADHD



**Understanding ADHD in Girls and Women** - edited by Joanne Steer (UK based) provides comprehensive information about available support for women and girls with ADHD and tips for clinicians and professionals who work with them. This book arms professionals, parents and women themselves as it maps out where to go for information, who can help and how to understand ADHD better. It explains routes to assessment and diagnosis for girls and young women, how to access support in education and available treatments

## Podcasts/Youtube

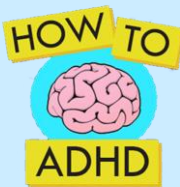


**Katy Weber** - <https://www.womenandadhd.com/episodes> Katy received a late diagnosis which turned her own world upside down, so she get's it. Since then she has spent the last 6+ years coaching women to change their mindset and reframe their identities so they can finally recognise and lean into their gifts and abilities. On her podcast she interviews other women who discovered they have ADHD in adulthood and are finally feeling like they understand who they are and share how to best lean into their strengths, both professionally and personally.

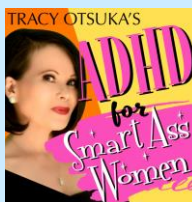


**Kate Moryussef** - The ADHD Women's Well-being Podcast with Kate Moryussef is a source of great wisdom too. Kate is an ADHD coach with lived experience and focuses on providing information to help us live well with ADHD.

<https://www.coachingbykate.me.uk/adhd-womens-wellbeing-podcast>



**'How to ADHD'** <https://www.youtube.com/c/HowtoADHD> 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 young people too.



**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 a really accessible way. She has a Facebook group with thousands of members that you can join. In addition, she runs a free 5 day course from time to time in which you can explore ADHD further - it is online, called Your ADHD brain is A- ok - I recommend it. <https://www.tracyotsuka.com/podcast>