

ADHD Support and Advice

Source of support and advice.

Information for people who use our service and family members.

There are many sources of support available to help you understand and manage ADHD, improve wellbeing, and build practical skills.

Useful websites

<http://aadduk.org/>

A website about ADHD in adults, with links to support groups (none locally).

<http://www.addiss.co.uk/>

A website containing information and resources about attention deficit hyperactivity disorder.

www.adders.org

Promotes awareness of ADHD and provides information with as much free practical help for both adults, children, and their families.

www.nice.org.uk/Guidance/CG72

National Institute for Health and Care Excellence guidance

<https://www.adhdfoundation.org.uk/>

The Neurodiversity charity webpage

<http://www.adhdwise.uk/>

Skills training, coaching, and counselling for individuals and families.

www.rcpsych.ac.uk

(Go to health advice then A-Z index to find info on ADHD)

Recommended reading

Your life can be better: Using strategies for adult ADD/ADHD. Douglas Puryear.

Talks in an informative yet informal way about his experiences of living with ADD and provides ideas about what strategies you can use to help.

The mindfulness prescription for adult ADHD. Lidia Zylowska

Mindfulness is a method that you can learn to help get control of your thoughts and to help you to live in the moment. This book outlines mindfulness skills and how you can apply them to ADHD.

Taking Charge of adult ADHD. Russell Barkley

A book that contains useful strategies for attention, problem solving and planning.

Other Sources of Support

Charities such as Mind, YoungMinds, and Rethink provide information and support for mental health difficulties, including anxiety and low mood.

YoungMinds is a UK charity that supports the mental health and wellbeing of children and young people. It provides information, advice and a free helpline for parents, while also working to improve services and ensure young people get the support they need. www.youngminds.org.uk

Mind is a national charity that have a lot of information and resources about mental health difficulties. In some areas they run support groups. www.mind.org.uk

Rethink is a charity providing information and resources around mental health and wellbeing. They also run support groups in certain areas. www.rethink.org

Local substance misuse support

Alcohol can interact with ADHD medication and make the side-effects of medication worse. It can be potentially dangerous to use illicit drugs while on prescription of ADHD medication.

Harbour is a local drug and alcohol service in Plymouth which can support individuals with drug and/or alcohol addiction.

Harbour can be contacted on 01752 434343.

www.harbour.org

Hamoaze House is a day support rehabilitation centre for individuals with problematic drug and/or alcohol use, based in Plymouth.

They can be contacted on 01752 566100.

www.hamoazehouse.online

Low mood and anxiety

If you are suffering from excessive worry, low mood, or post-traumatic stress disorder:

Self-refer to Plymouth Options. They aim to help you feel better and give you the tools and techniques to improve your mental and physical wellbeing.

Website: www.livewellsouthwest.co.uk/plymouth-options



Telephone: 01752 435419.


Employment support




Access to work is a government funded employment support programme that offers help to help people with difficulties, including ADHD, stay in employment. For further information please refer to <https://www.gov.uk/access-to-work>

Helpful apps

Apps such as Inflow, Microsoft To Do, Headspace, Calm, Sleepio, and BetterSleep may support organisation, mindfulness, and sleep.

<p>Inflow</p> 	<p>Inflow is designed by people with ADHD, for people with ADHD. A science-based digital program, here to help you manage your ADHD.</p>	<p>Please check your App provider to see if there are any cost associated with these Apps.</p> <p>These are for information: the list is not exhaustive. Please check your device for Apps available to support you</p>
<p>Microsoft To Do.</p> 	<p>Create to do list, reminders, and notes for any purpose</p>	

<p>Headspace</p> 	<p>Get happy, stress less, sleep soundly. Headspace is a guide to mindfulness for your everyday life.</p>	
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Name of App		
<p>Calm</p> 	<p>Helpful strategies for mindfulness and meditation.</p> <p>Includes specific exercises for managing anxiety, sleep, focus and concentration, relationships, and breaking habits.</p>	<p>Please check your App provider to see if there are any cost associated with these Apps.</p> <p>These are for information: the list is not exhaustive. Please check your device for Apps available to support you</p>
<p>Sleepio</p> 	<p>This app includes a sleep improvement programme.</p>	
<p>BetterSleep: Relax and Sleep.</p> 	<p>BetterSleep helps you understand and improve your sleep with sleep tracking, premium sleep sounds and guided content curated just for you.</p>	

Emergency and crisis support

The Plymouth Adult ADHD Assessment Service is not an emergency service and does not provide treatment or support for other mental health issues.

- If you are experiencing a **mental health crisis and need urgent support**, please call **111** and select the mental health option. This service is **free and available 24/7** and will connect you to a local crisis team anywhere in the UK. In **Plymouth**, this service is known as the **First Response Service**.
- **Please note:** The **111** service is for urgent crises only. For general enquiries, please get in touch with your designated team during their working hours.
- If you are in a **life-threatening emergency**, call **999** immediately.