

## Adult ADHD Info Sheet

ADHD is a complex mental health condition involving persistent inattention, hyperactivity and impulsivity. It can affect your mental health, day to day functioning, work and relationships.

Recently a number of celebrities have been diagnosed with ADHD and shared their stories in the media. People are becoming more aware of the condition and beginning to understand it better. This is triggering more people to identify features of ADHD in themselves and begin to consider diagnosis.

Unfortunately, the increase in people referred for ADHD assessment is overwhelming current NHS services, leaving many people waiting a long time for review and feeling a bit lost.

We would like to help this group of patients, as well as those who are further on in their ADHD journey by setting up a face-to-face support group. We hope it will help you feel more supported by us, and hopefully by each other. If you wish to be involved with this group, please contact reception to be added to the 'ADHD pending support group' waiting list.

We have also compiled a list of recommended resources for support and information.

General info	
<a href="https://www.adhdsolutions.org/adhd-in-adults">ADHD In Adults   ADHD Solutions</a> <a href="https://www.adhdsolutions.org/adhd-in-adults">https://www.adhdsolutions.org/adhd-in-adults</a>	Support available in Leicester. Resources on their website and face to face or virtual support groups every month (small charge). Also provide coaching and courses for a larger fee. Please email <a href="mailto:frontdoor@adhdsolutions.org">frontdoor@adhdsolutions.org</a> to get a self-referral form.
<a href="https://www.adhdadult.uk/">ADHDadultUK - The UK's adult ADHD charity</a> <a href="https://www.adhdadult.uk/">https://www.adhdadult.uk/</a>	Info, support groups and podcast.
<a href="https://adhduk.co.uk/">ADHD UK - Homepage- ADHD UK</a> <a href="https://adhduk.co.uk/">https://adhduk.co.uk/</a>	Huge source of information, including a directory of trusted professionals who work in supporting ADHD.
Work and finance	
<a href="https://www.gov.uk/access-to-work">Access to Work</a> <a href="https://www.gov.uk/access-to-work">https://www.gov.uk/access-to-work</a>	Financial support towards helping you take up or stay in work. Explained here: <a href="https://adhduk.co.uk/access-to-work/">https://adhduk.co.uk/access-to-work/</a>
<a href="https://adhduk.co.uk/adhd-fines-and-debt/">ADHD Fines and Debt</a> <a href="https://adhduk.co.uk/adhd-fines-and-debt/">https://adhduk.co.uk/adhd-fines-and-debt/</a>	
Mental health	
<a href="https://adhduk.co.uk/able-futures/">Able Futures</a> <a href="https://adhduk.co.uk/able-futures/">https://adhduk.co.uk/able-futures/</a>	Support for people >16, in work, suffering with their mental health.
<a href="https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/">Self-referral (talking therapy)</a> <a href="https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/">https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/</a>	For Leicestershire patients requiring mental health support.
Social Media	
(YouTube) <a href="#">@How to ADHD</a>	Lots of videos on ADHD and strategies to cope and thrive.
(YouTube) <a href="#">ADHD- "Under The Sea" Parody</a>	A light-hearted insight into ADHD.
(Podcast) <a href="#">Extraordinary brains/ADHD science</a>	Discussions about ADHD with Dr Max Davie (Co-Founder of ADHD UK charity)
(Podcast) <a href="#">ADHD Chatter</a>	Raw and unedited podcast series discussing ADHD. (PARENT ADVISORY: Lots of swearing)
Facebook/Instagram/Twitter/Snapchat/Linkedin	There are many support groups and profiles on these sites discussing ADHD but please be cautious as they are often unmodified and can contain incorrect/inaccurate information.