



## ADHD Support

- **Foundation of non-pharmacological support**
  - Daily appreciation of strengths: *'What 3 things am I proud of today?'*
  - Daily mindfulness: *at least 10mins – Smiling Mind app*
  - 4 pillars
    - Good regular food
    - Good sleep
    - Regular exercise: *30mins/day*
    - Resonant breathing: *at least 10mins/day – Breathe2Relax app (balances autonomic systems)*
- **Websites**
  - <http://www.add-vance.org/>
  - [www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)
  - <https://www.drhallowell.com/adhd/adhd-resources/>
  - <https://www.understood.org>
  - SPACE (<https://spaceherts.org.uk/>) is a charity in Hertfordshire who support children and young people and their families who have ASD, ADHD or other neurodiverse conditions.
- **Healthier Together Hertfordshire Resources:**
  - <https://www.hwehealthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>
  - <https://www.hwehealthiertogether.nhs.uk/parentscarers/children-complex-needs/support-advice-parents-neurodiversity>
  - <https://www.hwehealthiertogether.nhs.uk/parentscarers/support-advice-parents-send-services>
- **Books:**
  - 'Attention Girls' by Patricia Quinn: ADHD for Girls 8-13yr