



Support websites for neurodevelopmental challenges:

<http://www.add-vance.org/>

www.angelsupportgroup.org.uk

<https://www.drhallowell.com/adhd/adhd-resources/>

What to expect: [Autism-in-U19s-quick-guide.pdf \(nice.org.uk\)](https://www.nice.org.uk/guideline/adhd-in-children-and-young-people/quick-guide)

Autistic Girls Network resource: [keeping-it-all-inside.pdf \(autisticgirlsnetwork.org\)](https://autisticgirlsnetwork.org/keeping-it-all-inside.pdf)

National Autistic Society website: [Autistic women and girls \(autism.org.uk\)](https://www.autism.org.uk/information-support/getting-a-diagnosis/autistic-women-and-girls)

<https://www.bdadyslexia.org.uk/shop/books>

<https://www.understood.org>

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/parents/carers/children-complex-needs/support-advice-parents-neurodiversity>

<https://www.hwehealthiertogether.nhs.uk/parents/carers/support-advice-parents-send-services>