**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