



Support websites for neurodevelopmental challenges:

<https://thetoolbox.mindler.co.uk> (Hertfordshire)

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

www.angelssupportgroup.org.uk

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

What to expect: [Autism-in-U19s-quick-guide.pdf \(nice.org.uk\)](#)

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

National Autistic Society website: [Autistic women and girls \(autism.org.uk\)](#)

<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/parentscarers/children-complex-needs/support-advice-parents-neurodiversity>

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