

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**
 - <https://thetoolbox.mindler.co.uk> (Hertfordshire)
 - <http://www.add-vance.org/>
 - 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.
 - **Neurodiversity Parental Support Hub** 01727 833963; supporthub@add-vance.org

- **Healthier Together Hertfordshire Resources:**
 - <https://www.hwehealthiertgether.nhs.uk/health-for-young-people/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>
 - <https://www.hwehealthiertgether.nhs.uk/parents/carers/children-complex-needs/support-advice-parents-neurodiversity>
 - <https://www.hwehealthiertgether.nhs.uk/parents/carers/support-advice-parents-send-services>

- **Books:**
 - 'Attention Girls' by Patricia Quinn: ADHD for Girls 8-13yr
 - 'Thriving with ADHD Workbook for Teens: Improve Focus, Get Organised and Succeed' by Allison Taylor