



## Support websites for neurodevelopmental challenges (Nov 25)

**Toolbox:** <https://thetoolbox.mindler.co.uk> )  
**CYP Neurodiversity support:** [Neurodiversity Support](#) ) Hertfordshire  
**Add-vance:** <http://www.add-vance.org/> )  
**Angels:** [www.angelssupportgroup.org.uk](http://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>

**Sleep difficulties:** Sleep clinic <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>  
*For CYP < 16 with a brain related condition and disrupted sleep routine*

### 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>

**HertsHub:** [www.hertshub.co.uk](http://www.hertshub.co.uk)