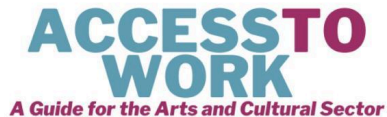


ADHD Resources (an ongoing list)

If you live in the UK:

ACCESS TO WORK

<https://www.gov.uk/access-to-work>



Access to Work is a resource that helps to create a more accessible work environment. It provides grants to remove barriers that disabled people face in undertaking paid employment.

These grants can help towards:

- Pay for extra costs
- Travel expenses
- Support needed at work

Disability Arts Online has written this guide to interpret the Access to Work rules and official guidance with specific advice for the arts and cultural sector.

To learn more about Access To Work:

https://disabilityarts.online/atw/?mc_cid=1a563701ab&mc_eid=9797118eab

- special equipment (for ADHD-ers this could include a headset, noise cancelling headphones, a standing desk, wall planners, time timers, desk planners, a note taking table, a weighted lap pad, fidget toys, watches with reminders, whiteboards, printers, and laminators!)
- special software (for ADHD-ers this could include a personal assistant, Dragon dictation software, audible.com, Alexa / Google home, password software such as 'Dashlane', Trello / Asana (for task management)).
- support worker services such as an assistant or job coach to help you in your workplace
- help getting to and from work, such as taxis if you cannot use public transport
- disability awareness training for your colleagues

If You live in England, get diagnosed via RIGHT TO CHOOSE:

<https://psychiatry-uk.com/right-to-choose/>

3 steps:

1. [Fill in their ASRS form \(click via https://psychiatry-uk.com/right-to-choose/\)](https://psychiatry-uk.com/right-to-choose/)
2. [Amend this letter](#) to include your details and address it to your GP
3. Take both ASRS form and the letter to your GP to request a referral to Psychiatry-UK



Right To Choose

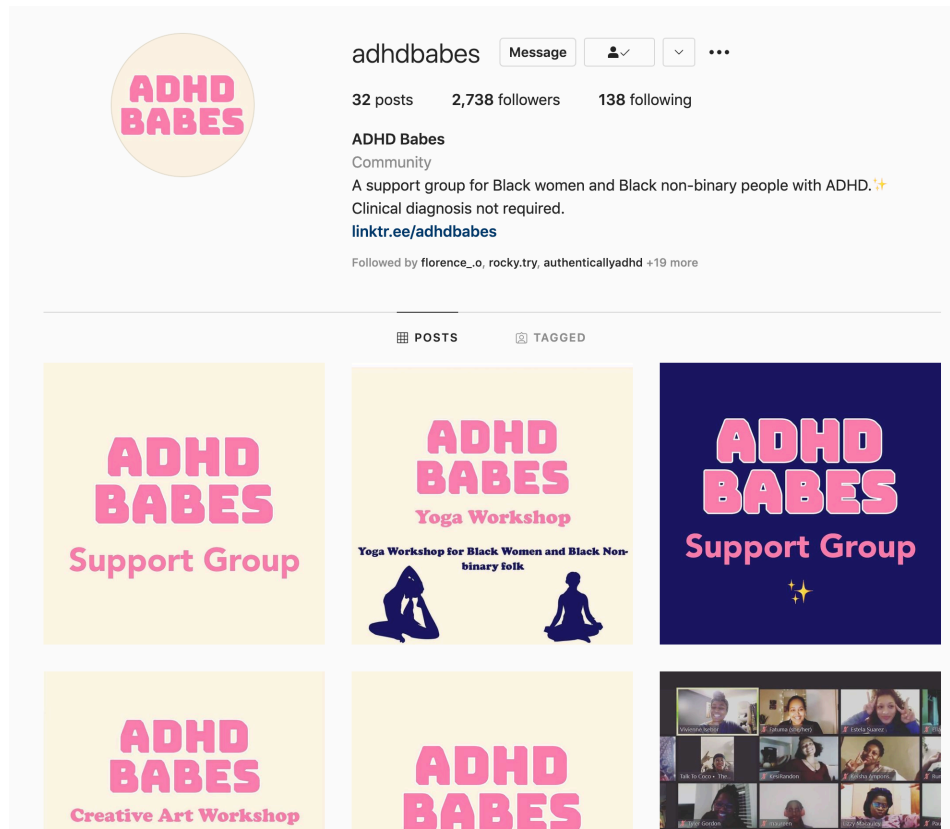
Your Right to Choose Psychiatry-UK for adult ADHD NHS assessment and treatment in England

If you are registered with a GP surgery in England and you are referred by a GP to a consultant or specialist in mental health, you have the legal right to choose the organisation (qualified provider) to whom you are referred, as long as that organisation is providing that service in another part of England.

As we have NHS contracts to provide adult ADHD diagnosis and treatment services with a number of Clinical Commissioning Group in England, we fulfil the criteria to be a qualified provider under that NHS Right to Choose, so as long as your GP will make a referral to us, we will be able to get your ADHD treatment paid for by the NHS.

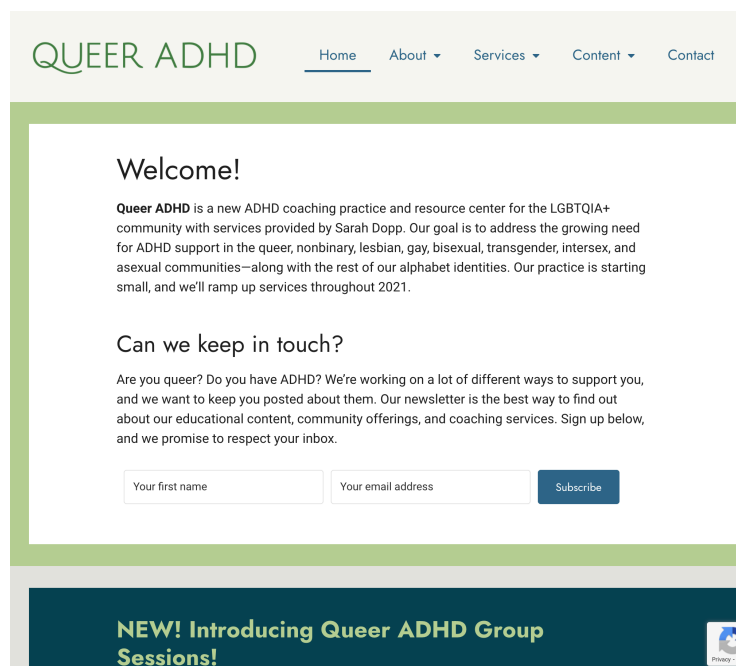
Community

ADHD BABES: <https://linktr.ee/adhdbabes>



Queer ADHD
Group Coaching:

<https://queeradhd.com/>



Articles

[How My ADHD Diagnosis Changed The Way I Live My Life As A Black Woman](#)

[Black Girl Lost Keys](#)

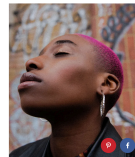
[A Guide for Queer Folks Who Just Learned They Have ADHD](#)

[How to Succeed as an Artist with ADHD](#)

Had some good tips for how to go from the ideas stage to the final goal of a project & how to not get stuck in between.

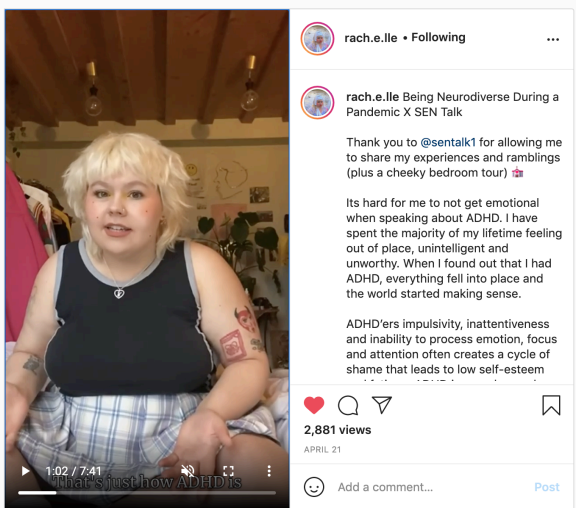
How My ADHD Diagnosis Changed The Way I Live My Life As A Black Woman

LEONARD J. JONES
LAST UPDATED 6 DECEMBER 2020, 1:00



Caribbean households are known for obscure nicknames. Growing up, mine was (and still is) 'Lingers'. My dad says I was given this name because it took me ages to start doing anything and I was so forgetful as a child. My parents being separated meant that I would move from house to house every weekend, spending some with my grandparents. Between those moves, I'd always forget my phone, keys, papers, clothes, devices. Halfway through driving home I'd inevitably remember some important item I'd left behind. Eventually my dad implemented a system of checking things before I left the house. He'd ask me the item and I'd check it off my mental list. "PHONE?" "CHECK?" "KEYS?" "CHECK?" until I was certain I had everything. At school, 30 minute lessons were torture. I

Videos



<https://www.instagram.com/tv/CN7OIJRA6zP/>

[How to ADHD](#)

[Why Is It So Hard to Do Something That Should Be Easy?](#)

[A Simple Guide to Working From Home](#)

[What Its Like to Be ADHD and Black](#)

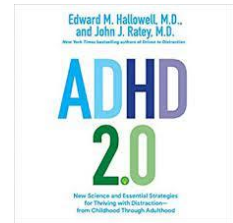
[ADHD sucks, but not really | Salif Muhamane | TEDxUSU](#)

[Catieosaurus Tik Tok](#)

Books

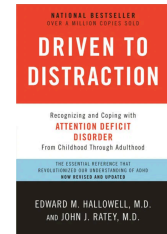
ADHD 2.0 by Edward Hallowell and John Ratey (2021)

Released in print Feb 2021, this book looks at all the new research since *Driven to Distraction* and takes a more prominent look at ADHD as Sensory Deregulation. This is top of my reading list.



Driven to Distraction (2011 version, written in the 90's)

This was the first book I read and it answered so many questions. It is based on actual therapy sessions where patients describe how they feel, and this really helped me recognize ADHD in me. This book feels very positive and is a great starting off point to understanding and recognizing ADHD.

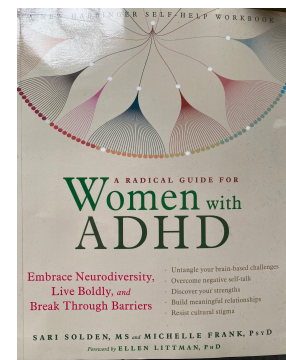


Driven To Distraction Audiobook version

A Radical Guide for Women with ADHD

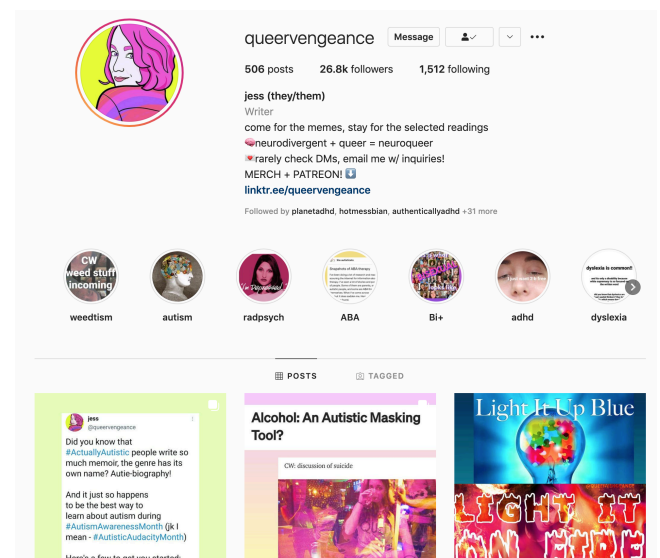
I'm liking this book because its ACTUALLY readable by someone with ADHD. There's fill-in-the-blank parts, and its very positive. Strengths- based approach which is crucial.

Downside is the quite limiting title and approach which is stuck in the binary. Granted, it wasn't believed women could have ADHD in the 80's / dare I say into the early 90's, so this book aims to combat that now defunct misinformation, but they could still do better you know? Even so, I'd recommend this book if you're looking to learn more about ADHD and how to meet your goals. I've not finished reading it cause its non-fiction.. But I will write a more thorough commentary when I'm done.



Queer Vengeance is creating art, writing, and resources

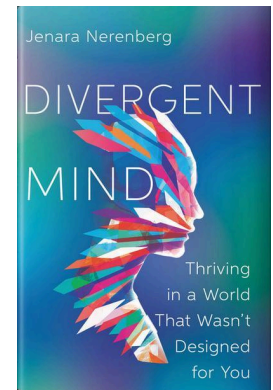
In depth reading about ADHD, Autism and Gender. Brilliantly written pieces by @Queervevengeance on their Patreon. I've not found writing this groundbreaking and touching on these three intersecting points anywhere else.



Divergent Mind

Jenara Nerenberg reframes sensitivity and neurodivergence. While she focuses on women this book equally applies to people who are not cis men. I'm learning so much about ADHD, Autism and high sensitivity. She shares real stories which I always find stimulating to read. Love this one!

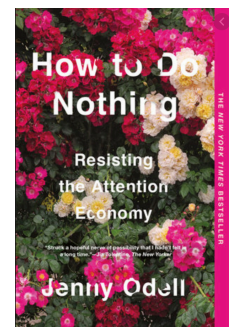
"A paradigm-shifting study of neurodivergent women- those with ADHD, autism, synesthesia, high sensitivity, and sensory processing disorder-exploring why these traits are overlooked in women and how society benefits from allowing their unique strengths to flourish."



How to Do Nothing: Resisting the Attention Economy

This book is not about ADHD but its on this list because its about **how our cultural obsession with focus & productivity is incredibly damaging to us**, our culture and our earth. This book can be quite academic at times but if non fiction is your cup of tea then you'll love this.

Odell argues why we need to adapt to make space for ourselves inside this crushing system. (She would agree that psychiatry was made to fit people inside productive capitalism; maybe the problem that needs to be medicated is the system not the people)



Tools

Focusmate

You choose a time to work, and Focusmate pairs you with an accountability partner for a live, virtual (video) coworking session that will keep you on task.

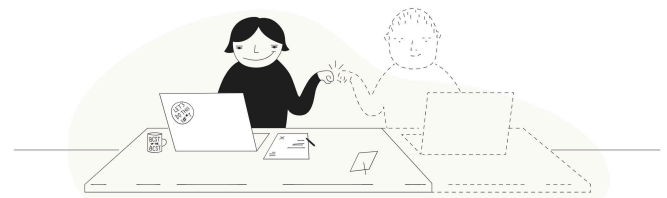
More useful for me than medication

Focusmate

Distraction-free productivity

Focusmate virtual coworking helps you get things done.

Focusmate is FREE to use for unlimited sessions.



Is Focusmate for Me?

Do you spend a large portion of each workday using a computer?

Do you work at home, or do you have the freedom to choose where you work, rather than in an office with your supervisor or clients?

If so, Focusmate was created for you!

Some Focusmate users have struggled with procrastination for years, while others simply want to boost their productivity and reduce distractions while working from home.

The Focusmate community of professionals includes:

- Side hustlers
- Freelancers
- Home-based business owners
- Virtual workers
- Independent consultants and coaches
- Writers
- Entrepreneurs
- Designers
- Programmers
- Distracted office workers

Free planner downloads:

<https://passionplanner.com/collections/free-downloads>

Jon Kabat Zinn Body Scan Meditation

<https://www.youtube.com/watch?v=u4gZgnCy5ew>

Yoga with Adriene

<https://www.youtube.com/watch?v=JpWa4LtKe4c&list=PLui6Eyny-UzzJ4NSTesh4xRWg4ZWNz5s4>

I did her 30 day challenge “Breath” and it really helped with negative symptoms, having a clear head in the morning, and feeling good throughout the day. Incorporating it as part of my daily routine also helped create a sense of structure. I’d recommend doing this with a friend to have an accountability partner and help you stick with it.

Playlists for focusing

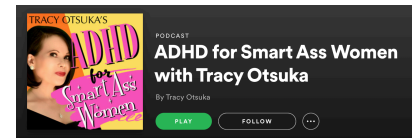
1. https://www.youtube.com/watch?v=pJ5FD9_Orbg&list=PLBzmZt-h4YTNbX2aP3TJAFv9-r1ReCOZw&index=61
2. <https://www.youtube.com/watch?v=jvM9AfAzoSo&feature=youtu.be>
3. *Moroccan nights and spirits (my fave)*
<https://open.spotify.com/playlist/1D5BbmSwgW3xozqOvCSQBm?si=wiCv6oXXRtSMF8nxyRzkAA>
4. https://open.spotify.com/album/3lujQIYVCOowrljieacDj?si=QWTU1zHMSmaMvuuXKdaoHg&utm_source=copy-link&nd=1
5. https://open.spotify.com/playlist/21XHYpgRxVzsEDXJxUCWu1?si=tVnrSI-UTL27mnsXciDmeA&utm_source=copy-link&nd

Podcasts

Tracy Otsuka's "ADHD For Smart Ass Women" podcast.

Episode 78: What does ADHD look like in women

Binary aside, this episode lists loads of symptoms and habits of people with ADHD and really helped me recognize various traits that I now know are linked to my adhd



Episode 106: ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction with Edward Hallowell

Notes for this episode ^ are in the ADHD resources folder

Instagram accounts

[@AuthenticallyADHD](#)
[@ADHDBABES](#)
[@Kaleidoscopesociety](#)
[@Blackgirllostkeys](#)
[@ADHDButterfly](#)
[@PositivityADHD](#)
[@QueerADHD](#)

Twitter accounts

[@Blackgirllostkeys](#)
[@ADHD_Alien](#)
[@HowtoADHD](#)
[@ADHDBabes](#)

Organisations

Black Minds Matter UK

Black Minds Matter is a network of Black therapists who can apply their own lived experience and understanding to helping other Black people seeking help. Considering therapy on the NHS is severely underfunded, the money raised will go towards therapy sessions for those who can't afford to access it privately.

Psychiatry UK

ADHD BABES

ADHD BABES are a collective of Black Women and Black Non-Binary people with ADHD. They run workshops, support sessions, and soon in person events.

Other

An Accessible ADHD Guide for/ by Artists

<https://drive.google.com/file/d/1F9VwJ1hI7R2EHg0K7y9qyeDifUJjR2XM/view>