Resources for ADHD Education

Reading List

ADDitude, an online magazine dedicated to ADHD, has a recommended reading list.

You can access it here.

Websites

You can look at the **NHS website here**.

Psychiatry UK is also a good place to start and has lots of information about multiple psychological conditions.
You can find it here.

Charities and Support Groups

ADHD UK's website can be found here. They have a **list of useful resources.**

The ADHD Foundation is another UK based charity that has lots of resources.

You can find a **list of support groups here.**

Podcasts

There are a number of good podcasts out there, many hosted by people with ADHD.
You can find a list here.

Online Courses

The Open University offers a free, online course called Understanding ADHD.

You can find it here.